



Anyone can fall victim to head trauma. It is not just for those that play sports, older adults may actually have a higher risk of serious complications from a concussion.

## Do you know the symptoms?



*The Seneca Woodlands Woman's Club invites you to  
the Green Bank Library, Monday, February 10, 2020, at 6:00 pm to  
learn about concussions and their symptoms.*

*Janet Ghigo presents facts about what concussions are and what to do next if you suspect you or a loved one may have head trauma. Janet has over twenty years of experience with the BFD Fire and Rescue ambulance services and twenty years with the West Virginia Public Service Training as an EMT instructor.*

*For more information about the Seneca Woodlands Women's Club and this program, please contact Madge Vosteen at [mhvosteen@gmail.com](mailto:mhvosteen@gmail.com) or call 304.456.5459.*



## 2020 West Virginia University Forensic Science Summer Camp



**What:** The Next Generation Forensic Science Initiative in collaboration with the Department of Forensic and Investigative Science at West Virginia University will be hosting its annual forensic science summer camp for high school students (9th–12th grade).

The goal of this program is to bring the crime lab to the classroom. Through hands-on, experiential learning, participants will acquire the practical knowledge and skills that forensic scientists utilize in their day-to-day casework. At the conclusion of the week, participants will apply what they have learned to mock crime scenes at the Crime Scene Training Complex.

Sessions will include the following topics and activities:

- Criminal Justice
- Latent Fingerprints
- Firearm Evidence Examination
- Footwear Impression Evidence
- Forensic Biology
- Forensic Chemistry
- Bloodstain Pattern Analysis
- Crime Scene Investigation
- Forensic Photography
- Mock Crime Scenes

**When:** The camp will be held June 15 - 19, 2020

**Where:** The first 3 days of camp will be held at Oglebay Hall on the downtown campus. The last 2 days of camp will be held at the Crime Scene Training Complex on the Evansdale Campus, Morgantown, WV

**Time:** Camp will begin each day at 9:00 AM and conclude at 4:00 PM each day.

**Cost:**

**Option 1: Day Camp—\$399.00 per person.** Includes lunch each day, a T-shirt and a certificate of attendance.

**Option 2: Overnight Camp—\$949.00 per person.** Includes transportation to and from the airport, 6 nights supervised lodging, evening activities, meals (breakfast, lunch and dinner), a T-shirt and certificate of attendance. Check-in will be held on June 14th. **This does not include airfare or any other transportation costs other than what has been described.**

**Registration:** Registration will be on a first come, first serve basis. The camp will be limited to 50 students.

To register, go to <https://nexgenforensics.wvu.edu/courses/science-camp>. You will be directed to our payment system after completing the initial registration.



# POCAHONTAS COUNTY SCHOOLS

## February Breakfast and Lunch Menu 2020

February Breakfast and Lunch Menu 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Scrambled eggs w/Wheat toast Yogurt Fruit  Chicken Patty w/Wheat Bun Lettuce/Tomato/Onion Candied Sweet Potatoes Corn Apples w/Soy Nut Butter	<b>4</b> Breakfast Pizza Yogurt Fruit  Sausage Biscuit w/Gravy Hash Brown Peas Homemade Cookie Peaches	<b>5</b> Omelet Wrap w/Colby Cheese Cereal Fruit  Pigs in a Blanket Green Beans French Fries Coleslaw Fruit	<b>6</b> Whole Grain Toasted Bagel Yogurt Fruit  Chicken Pot Pie Broccoli Carrot Stix Fruit	<b>7</b> Pancakes Yogurt Fruit  Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Romaine Salad Refried Beans Fruit
<b>10</b> Breakfast Burrito Cereal Fruit  Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Baked Beans Corn Fruit	<b>11</b> Homemade Cinnamon Roll Yogurt Fruit  Orange Chicken Brown Rice Pilaf Stir Fry Vegetables Homemade Roll Fruit	<b>12</b> Blueberry Muffin Cereal Fruit  Tomato Soup Grill Cheese Sandwich Steamed Broccoli Peaches Apple Crisp	<b>13</b> Sausage Biscuit Cereal Fruit  Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fresh Cut Fruit	<b>14</b> Strudel Yoguert Fruit  Philly Steak Hogie Sliced Carrots w/Ranch French Fries Fresh Cut Fruit
<b>17</b> Egg & Cheese Omelet Wrap Cereal Fruit  Meatball Sub Sweet Potato Fingerlinks Mixed Vegetables Ice Cream Fruit	<b>18</b> Zucchini Bread Cereal Fruit  Breaded Pork Patty w/Wheat Bun Lettuce/Tomato Great Northern Beans California Medley Fruit	<b>19</b> Professional Learning Day No School for Students	<b>20</b> Pretzel w/Cheese Cereal Fruit  Chicken Tenders w/Creaser Romaine Salad w/Tomatoes/CROUTONS Corn Mixed Fruit Homemade Roll	<b>21</b> French Toast Sticks Yogurt Fruit  Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fruit
<b>24</b> Smoothie/Yogurt Parfait Creal Fruit  Popcorn Chicken Mashed Potoes Green Beans Homemade Roll Fruit	<b>25</b> Sausage Biscuit Yogurt Fruit  Fish Sticks Scallop Potatoes Carrot Stix Roll Juice Sidekick	<b>26</b> Cereal Bar Yogurt Fruit  Beef Macaroni & Cheese Steamed Broccoli Celery & Soy Nut Butter Homemade Roll Fruit	<b>27</b> Sausage Pancake on Stick Yogurt Fruit  Chicken Nuggets Peas Corn Applesauce Homemade Roll	<b>28</b> Homemade Cinnamon Roll Cereal Fruit  Turkey & Cheese Hoagie 5 Way Vegetables Baked Beans Fruit





## IMPORTANT DATES

1 November 2019  
Application Open\*

28 February 2020  
Application Due\*

22 June 2020  
Start of NYSCamp

15 July 2020  
End of NYSCamp

## CONTACT

 NYSF  
PO Box 3387  
Charleston, WV 25333

 [office@nysf.com](mailto:office@nysf.com)

 +1 304 205 9724

 @NYSCenter

 @WVNYSCamp

 [www.nyscamp.org](http://www.nyscamp.org)

\*FL, CA, and MA do not use online application; see [apply.nyscamp.org](http://apply.nyscamp.org) for application process in these states.

## OVERVIEW

Established 1963 in West Virginia, the National Youth Science Camp (NYSCamp) is a free residential honors program for two accomplished high school graduates from each state in the USA, plus Washington, DC, Argentina, Bolivia, Brazil, Chile, Costa Rica, Ecuador, Mexico, and Trinidad and Tobago. NYSCamp's curriculum includes a broad range of science, technology, engineering, and mathematics (STEM) topics that incorporates both creative and performing arts as well as an outdoor adventure series with opportunities for mountain biking, spelunking, kayaking, and overnight backpacking. The delegation also travels to Washington, DC where they can meet congressional members, tour museums, and attend a panel discussion held at the American Association for the Advancement of Science. More information can be found at [nyscamp.org](http://nyscamp.org).

## HIGHLIGHTS

- Daily lectures and seminars with leading scientists
- Directed studies alongside visiting and resident STEM professionals
- Dedicated natural sciences, physical science, computer science, creative arts, performing arts, and outdoor recreation program areas
- Delegates attend **free of charge** - housing, meals, and transportation included!

## ELIGIBILITY

- Graduates from high school between 1 July 2019 and 30 June 2020
- Documented superior academic proficiency
- Recognition for notable achievements in STEM program areas
- Skills and achievements outside of STEM and/or academics
- Intent to pursue higher education and a career in STEM
- Availability to participate in entire NYSCamp program
- Submit an application at [apply.nyscamp.org](http://apply.nyscamp.org) on/before deadline
- International applicants please see [apply.nyscamp.org](http://apply.nyscamp.org) for more requirements

**MORE INFORMATION AT [APPLY.NYSCAMP.ORG](http://APPLY.NYSCAMP.ORG)**



SIMULATED

WORKPLACE

PCHS  
TRIBE OF ONE

WARRIOR PRIDE









































**POCAHONTAS WARRIORS**



**HOMETOWN**

*Heroes*









































































BONUS  
LS FOULS  
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BY AUTO SALVAGE  
NEW & USED PARTS  
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C. Blumensaat	4:19.07	2006
Michelle Williams	37"0"	2006
Bridget Carroll	100"11"	2006
Cheryl Woodruff	13.08	1982
Adrienne Hollingshead	36.8	2001
Adrienne Hollingshead	39.95	2001
Yetta Cambo	2:21.65	1981
Yetta Cambo	5:22.30	1981
Gene Motzwa	10:16.39	2000
Leila Colburn	16.13	1999/2001
Leila Colburn	41.28	2001/2001
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# **Drinking Water Retested**

**No Nitrites were detected**

## **Lab Results**

**Entry point (compliance): nitrate = 0.65 ppm, nitrite = not detected**

**Two special purpose**

**Well 1: nitrate = 0.55 pm, nitrite = not detected**

**Well 2: nitrate = 0.57 ppm, nitrite = not detected**

**Nitrate legal limit is 10 ppm and nitrite is 1 ppm.**



IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER  
MONITORING REQUIREMENTS NOT MET FOR  
POCAHONTAS COUNTY HIGH SCHOOL, WV9938035  
Has Levels of NITRITE Above Drinking Water Standards

DO NOT GIVE THE WATER TO INFANTS UNDER 6 MONTHS OLD OR USE IT TO MAKE INFANT FORMULA

## **DRINKING WATER WARNING**

**Infants below the age of six months who drink water containing Nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.**

**What should I do?**

- **DO NOT GIVE THE WATER TO INFANTS.** *Infants below the age of six months who drink water containing nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.* Blue baby syndrome is indicated by blueness of the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately.
- Water, juice, and formula for children under six months of age should not be prepared with tap water. Bottled water or other water low in nitrites should be used for infants until further notice.
- **DO NOT BOIL THE WATER.** Boiling, freezing, filtering, or letting water stand does not reduce the nitrite level. Excessive boiling can make the nitrites more concentrated, because nitrites remain behind when the water evaporates.

Adults and children older than six months can drink the tap water (nitrite is a concern for infants because they can't process nitrites in the same way adults can). However, if you are pregnant or have specific health concerns, you may wish to consult your doctor.

**What happened? What is being done?** (Describe corrective action)

In 2004, Nitrite was sampled with results of 0.14 mcl. In 2019, Nitrite was sampled with results of 1.9 mcl.

The legal limit is 1.0. We are unsure at this time what has caused the change. However, we are exploring if one or both wells are contaminated. We are resampling and will keep the public informed with any updates.

For more information, please contact Joseph W. Riley at 304-799-6565  
(Contact name) (Phone number)  
Or 271 Warrior Way Dunmore, WV 24934  
(Mailing address)

*Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.*

This notice is being sent to you by: **POCAHONTAS COUNTY HIGH SCHOOL**

State Water System ID #: WV9938035

Date Distributed: 1-29-2020



**LADY WARRIORS  
BASKETBALL**





**SUPPORTING THE  
FIGHTERS  
APPRECIATING THE  
SURVIVORS  
REMEMBERING THE  
⌘ FALLEN  
AND NEVER, EVER  
GIVING UP HOPE**



**LADY WARRIORS  
BASKETBALL**





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# 2020 Pocahontas County Alumni Game



Saturday, March 28, 2020

2:00 PM

- Concessions • T-shirts • Auction
- 50/50 Raffle • Pork BBQ Dinner • Bake Sale



## Admission Cost

Adults: \$4.00

Students: \$3.00

Alumni Players & Cheerleaders:  
\$20.00 (includes t-shirt)


To register, go to <https://tinyurl.com/scmjk27>

Questions? Contact Chloe Bland at 304-799-6564



# POCAHONTAS COUNTY SCHOOLS

## January Breakfast and Lunch Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HAPPY NEW YEAR</b></p>		<p>1 New Year's Day No School</p>	<p>2 Whole Grain Toasted Bagel w/Cream Cheese Cereal Fruit</p> <p>Hot Dog w/Whole Grain Bun Green Beans Oven Fries Coleslaw Fruit</p>	<p>French Toast Stix Cereal Fruit</p> <p>Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Black Beans Romaine Salad w/Tomatoes Homemade Cookie Fruit</p>
<p>6 Colby Cheese Omelet Cereal Fruit</p> <p>Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Bake Beans Corn Applesauce Cups</p>	<p>7 Homemade Cinnamon Roll Yogurt Fruit</p> <p>Orange Chicken Brown Rice Pilaf Stir-fry Vegetables Homemade Roll Fruit</p>	<p>8 Blueberry Muffins Cereal Fruit</p> <p>Potato Soup Grilled Cheese Sandwich Steamed Broccoli Peaches Ice Cream</p>	<p>9 Sausage &amp; Egg Biscuit Cereal Fruit</p> <p>Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fruit</p>	<p>10 Strudal Yogurt Fruit</p> <p>Phillysteak Hoagie Sliced Carrots w/Ranch Oven French Fries Fruit</p>
<p>13 Egg &amp; Cheese Wrap Cereal Fruit</p> <p>Meatball Sub 1/2 Baked Sweet Potato Parmesan Broccoli Brownie Fruit</p>	<p>14 Banana Bread Cereal Fruit</p> <p>Chicken Patty w/Wheat Bun Lettuce/Tomato Tatar Tots Great Northern Beans California Medley Fruit</p>	<p>15 Pop tart Cereal Fruit</p> <p>Salisbury Steak Green Beans Mashed Potatoes w/Gravy Homemade Roll Fruit</p>	<p>16 Sausage &amp; Gravy Biscuit Cereal Fruit</p> <p>Chicken Tenders w/Caesar Romaine Tomatoes &amp; Croutons Corn Mixed Fruit Roll</p>	<p>17 Pancakes Yogurt Fruit</p> <p>Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fresh Cut Fruit</p>
<p>20 Martin Luther King Jr's Birthday No School</p>	<p>21 Cereal Bar Yogurt Fruit</p> <p>Turkey &amp; Cheese Hoagie 5 Way Vegetables Baked Beans Homemade Cookies Fruit</p>	<p>22 Sausage Pancake on Stick Yogurt Fruit</p> <p>Chicken Alfredo w/A Twist Steamed Broccoli Garlic Bread Pears</p>	<p>23 Egg &amp; Cheese Biscuit Cereal Fruit</p> <p>Fish Sandwich Scallop Potatoes Carrot Stix Peas Fruit</p>	<p>24 Smoothie/Yogurt Parfait Cereal Fruit</p> <p>Popcorn Chicken Mashed Potatoes Green Beans Homemade Roll Fruit</p>
<p>27 Breakfast Burrito Cereal Fruit</p> <p>Chicken Nuggets Corn Cherry Tomatoes &amp; Cucumbers w/Ranch Dressing Homemade Roll Fruit</p>	<p>28 Pretzel w/Cheese Cereal Fruit</p> <p>Chili Whole Baked Potato w/Sour Cream/Cheese Parmesan Broccoli Cornbread Crackers Fruit</p>	<p>29 Whole Grain Banana Muffin Cereal Fruit</p> <p>Chicken Chimichanga Black Bean Salsa/Sour Cream Sweet Potato Fries Mixed Vegetables Fruit</p>	<p>30 Homemade Cinnamon Roll Cereal Fruit</p> <p>Sloppy Joe Creamy Coleslaw Green Beans Oven French Fries Juice Sidekick</p>	<p>31 Sausage Biscuit Yogurt Fruit</p> <p>Pepperoni Roll Macaroni Salad Carrot Stix Romaine Salad Fruit</p>

For breakfast milk and yogurt offered daily.  
For lunch milk and fresh fruit offered daily.



Gary Cutlip HES	59-14	<u>Morning Runs:</u> Beginning at Hillsboro Elementary School turn left on Route 219 South turn left on East Nicholas Road, travel to Denmar Road and turn left on Denmar Road. Begin picking up students at Workman Road, may travel to Locust Creek Road, turn right on *Locust Creek Road, travel to 219 turn left on 219 South, travel to Beartown Road, turn left on Beartown Road, travel to turnaround, return to 219 south, turn right on 219 North, travel to Healing Springs Road, turn right on Healing Springs Road, travel to turnaround, return to 219 North, turn right travel to Hillsboro Elementary School. 2nd AM Run: Repeat of first run beginning to pick up students at East Nicholas Road. <u>Afternoon Run:</u> Reverse of Morning Run	6:08 AM	<u>Morning Run:</u> Follow 219 South to Beartown Road, turn left on Beartown Road travel to turnaround, return to 219, and follow Route 219 North to Hillsboro School. Students on the Beartown, Healing Springs, Denmar Road, and Locust Creek Roads will meet the bus on Route 219. The bus will not travel those particular roads when a Snow Route has been deemed necessary by the Direction of Transportation and/or Superintendent. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:08AM 3 Hour Delay – 9:08 AM
Gary Cutlip HES <b>*Parents of middle and high school students can opt to meet the bus at HES to avoid the 6:10 AM pick up on Locust Creek.</b>	59-14				
Donald McNeel HES	2-16	<u>Morning runs:</u> From Hillsboro School, go south on Rt 219 to the top of Droop Mountain & turn around on Lobelia Road. Then to Russell Scott Road and Lobelia Road on Caesar Mountain. Children are to board the bus at designated stops on Lobelia Road through its entire length to Hillsboro. The bus continues on Denmar Road ..... 1st AM run: .....to Workman Road, turns around and back to Hillsboro School via Kinnison and Payne Streets. The bus then unloads all students to a bus enroute for MMS & PCHS. 2nd AM run: .....to turn right on Kinnison Street and to Payne Street to the Hillsboro School unloading at the school cafeteria and to the designated parking area. <u>Afternoon Run:</u> Reverse of the morning run with preference given to full time riders.	6:35 AM 8:00 AM	<u>Morning</u> - Both high /middle school and elementary runs start on Lobelia Road on the south end of Caesar Mountain & pick up students at their stops on Lobelia Road into Hillsboro. Times follow the standard 2 hr or 3 hr delay schedule whichever is announced. <u>Afternoon</u> - reverse of the morning run May pick up students that other buses cannot.	2 Hour Delay – 8:35 AM 3 Hour Delay – 9:35 AM



Allen Taylor GBEMS	46-14	<u>Morning Run:</u> Start at Green Bank Elementary Middle School (GBEMS), travel 92/26 south to Dammers and turn right on Rt. 28, pick up students along Rt. 28 and travel to PCHS turning onto Warner Way. Travel Warner Way and Hill Country Road to First and meet Jerry Rameo at the intersection of 92 and Hill Country Road. Transfer students, travel north on Rt. 92/28 through First and Dammers, turning at However Road and exiting back onto 92/28 at Curry Road, turning right and continuing on to GBEMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:35 AM	<u>Morning Run:</u> Leave GBEMS to First meet Marlinton bus and transfer students, return to Route 92 North to Dammers County Mart. Students on Hill Country Road through the Mt. Zion community will meet their buses at PCHS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:35 AM 3 Hour Delay - 9:35 AM
Scott Kelley GBEMS/PCHS	35-11	<u>Morning Run:</u> Leave PCHS travel to Wesley Chapel Road (Dammers Entrance) Travel Wesley Chapel Road to Gifford's Run Road. Turn and go back out to Wesley Chapel. Through North Fork. Then to GBEMS from GBEMS to PCHS. <u>Afternoon Run:</u> Reverse of Morning Run	6:40 AM	<u>Morning Run:</u> Will only travel Wesley Chapel to North Fork and out to the Green Bank Fire House. Then to GBEMS. Pick up high school students at GBEMS and proceed to PCHS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:40 AM 3 Hour Delay - 9:40 AM
Stephen Meek PCHS	51-10	<u>Morning Run:</u> Beginning at PCHS and traveling to Seibert for the first pick up, then coming back out Seibert Lane to Hillsboro Elementary School and from Hillsboro Elementary School traveling Route 219 to Old Buckeye Road, back to 219 N, to Rt. 39 to MCHS transferring students then traveling back to Rt. 39 to Route 28 and ending at Pocahontas County High School. <u>Afternoon Run:</u> Reverse of Morning Run except for Seibert Lane. Seibert Lane runs Seibert Lane in the evening.	6:45 AM	<u>Morning Run:</u> The bus will only travel Route 219 and will meet students at the intersections of the mentioned roads/lanes at Hillsboro Elementary School. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM
Evan Rose PCHS	3-17	<u>Morning Run:</u> Pocahontas County High School to the Route 92/39 intersection at Mimschaba Springs and traveling Route 92 N to Rt. 84 and pick up students. Meet Allen Taylor at the intersection of Hill Country Road and Rt. 92 turning onto Hill Country Road Warner Way through to Route 28 by Pocahontas County High School and on to Route 39 below Huntersville to Marlinton Elementary School and back to Pocahontas County High School. <u>Afternoon Run:</u> Reverse of Morning Run	6:45 AM	<u>Morning Run:</u> The bus will only travel Route 92, Hill Country Road, and Route 28. If Hill Country is impassable, then the bus will travel to Dammers, turn left on Route 28 and travel to Pocahontas County High School, then proceed back to Route 28 onto to Marlinton Elementary School and back to Pocahontas County High School. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM
Dan Ahern MMS	11	<u>Morning Run:</u> Beginning at Pocahontas County High School, turn right onto Route 28 towards Dammers, turn left onto Route 92, turn left onto Route 66 at Cass intersection to Big Springs of Elk turn left onto Route 66, turn bus at the Ralph Buckwith residence return to Route 66, turn left onto Route 219, travel to Marlinton Elementary School, then onto Pocahontas County High School. <u>Afternoon Run:</u> Reverse of Morning Run	6:55 AM	<u>Morning Run:</u> Same as regular route with drop off and pick up at Fairlee store. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:55 AM 3 Hour Delay - 9:55 AM
Chuck McQuinn PCHS	8-19	<u>Morning Run:</u> PCHS to Wildcat Run Road to 92, turn the bus, travel 92 North to Rt. 39 turning left and traveling to Donahat Creek Road. Proceed through Donahat Creek, turning the bus, returning to Rt. 39, turning left, and traveling to the Route 39 Chevron. Transfer students to Rick McCarty's bus. Return to Rt. 39 and travel to Mimschaba Springs turning right onto Rt. 92 and traveling North to Hill Country Road picking up high school students on Hill Country Road Warner Way on to PCHS. <u>Afternoon Run:</u> Reverse of Morning Run Transfer at Fisher's in the afternoon	6:45 AM	<u>Morning Run:</u> PCHS to Wildcat Run Road on 92 South. Return to Huntersville and transfer to Rick McCarty bus at Rt. 39 Chevron. Turn and return on 39 to intersection at Mimschaba Springs and travel north on 92 to Hill Country Road. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM
Larry Sharp PCHS	6-18	<u>Morning Run:</u> Leave PCHS and travel to Laurel Run Road. Travel through Slippery Hill Old Edney Road to Woodrow Hwy. Road to Campbelltown Road. To 219 to MES then PCHS. <u>Afternoon Run:</u> Reverse of Morning Run	6:45 AM	<u>Morning Run:</u> Meet students at the Edney Ewok Shop Parking lot. Travel 219 S. Meet students at the Rite Aid parking lot. Travel to MES and PCHS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 9:20 AM 3 Hour Delay - 10:20 AM
Mike Gifford MMS	52-10	<u>Morning Run:</u> Beginning at Marlinton Middle School, travel to Route 219 N turning right on Old Campbelltown Road then travel to top of Aspern Hill turning left onto Brownburg Road to the end of Brownburg and turn right onto Edney Road. Go to intersection of Edney and Brush Country Road and turn right onto Brush Country Road. Follow Brush Country back to 219 South to Route 39 to 4th Avenue to 9th Street at Marlinton Elementary School to 5th Avenue to Route 39 West to Route 219 South to Marlinton Middle School. <u>Afternoon Run:</u> Reverse of Morning Run	6:55 AM	Travel Rt. 219 picking up students along the way. Aspern Road turn at intersection of Edney Road back down Aspern Road to 219. Pick up at Rite-Aid then 219 South to MES and MMS	2 Hour Delay - 8:55 AM 3 Hour Delay - 9:55 AM
Gary Rose MMS	58-13	<u>Morning Run:</u> Beginning at Marlinton Middle School, take a left, travel to intersection Route 39, take a right, travel to Tabernacle Church and turn in driveway above church at mobile home, proceed to the intersection of Route 219, and take right to Hillsboro Elementary School. Leaving Hillsboro Elementary School, take right on Route 219 north to Marlinton Middle School. Leaving Marlinton Middle School turn right on to Route 219 turn left at Wagh Road intersection, proceed through to intersection of Route 219 on to Marlinton Elementary School. Leaving Marlinton Elementary School travel back to Marlinton Middle School, from Marlinton Middle School proceed to School Days Child Care, turn left and travel to intersection of Route 39 and proceed to the Tabernacle church and turn in the driveway of the mobile home and proceed back to the intersection of Route 219, turn right and travel to the intersection of Seibert Road turn at the old depot lot and travel back to Puffenberger Road, take a left out to Road, turn left and proceed to Hill Road intersection, turn and travel back to the intersection of Route 219 and turn left, proceed to Hillsboro Elementary School, turn right and return to Marlinton Middle School. <u>Afternoon Run:</u> Reverse of Morning Run	6:45 AM	<u>Morning Run:</u> Begin at Marlinton Middle School, take a left and travel to the intersection of Route 39, take a right and turn the bus at Allegheny Aggregates. Proceed to 219 South to Hillsboro Elementary School. From Hillsboro Elementary School turn right on 219 North and proceed to Marlinton Middle School, leaving Marlinton Middle School, turn right and proceed on 219 North to Marlinton Elementary School. From Marlinton Elementary School proceed to 219 South and travel to Hillsboro Elementary School and return to Marlinton Middle School. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM
Rick McCarty MMS	51-10	<u>Morning Run:</u> Travel Wagona Road to Burt Valley, return to Beaver Creek. Meet bus at Huntersville Chevron transfer students proceed to MES AND MMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:55 AM	<u>Morning Run:</u> Start at First Entrance of Wagona State Park traveling regular route to MES and MMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:55 AM 3 Hour Delay - 9:55 AM
Ryan Alderman MMS	58-12	<u>Morning Run:</u> Start at MMS and go to Woodrow East Branch Road, to Woodrow Road, to Jensen Road, to 219 to MES and then to MMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:45 AM	<u>Morning Run:</u> Top of Woodrow to Edney 219 South to MES to MMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM



# Pocahontas County Schools Transportation Department

## Regular Routes & Snow Routes (2019-20)

**Snow Routes will only occur on 2 Hour or 3 Hour Delays or in special circumstances**

Bus Driver & Work Station	Bus #	Regular Route	Time of First Stop	Snow Route	Approximate Time of First Stop
Jimmie Ryder GBEMS	20-13	<u>Morning Run:</u> Leave Murphy's Body Shop to Lower Murphy Road to Back Road to Durbin. Travel to top of Cheat, Come back around Old 250 to Durbin, Up around Highland Ave and on to Green Bank School. <u>Afternoon Run:</u> Reverse of Morning Run	6:40 AM	<u>Morning Run:</u> Leave Murphy's Lower Rd. To Durbin, around Durbin then on to GBEMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:40 AM 3 Hour Delay - 9:40 AM
Mike Murphy GBEMS	50-10	<u>Morning Run:</u> Leave Murphy's Body Shop traveling north on Rt. 92. Go out Johns Run Road, turn at the end of John's Run Road turn left onto Rt. 92S travel to Pine Tree Acres turn return to Rt. 92S. Return to 92S to GBEMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:30 AM	<u>Morning Run:</u> Leave Murphy's Body Shop stop at the end of Johns Run Road and on to GBEMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:30 AM 3 Hour Delay - 9:30 AM
Cory Rexrode GBEMS	39	<u>Morning Run:</u> Start at Green Bank to Cass, From Cass on through upper Back Mountain Road. Then to Rt. 92/250 at West end of Durbin. From Durbin thru Frank to Bartow to GBEMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:40 AM	<u>Morning Run:</u> From GBEMS to Bartow, Frank & Durbin on Rt. 92. From west end of Durbin to Frank, Bartow on Rt. 92/250 from Bartow back to GBEMS on Rt. 92. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:40 AM 3 Hour Delay - 9:40 AM
Silas Sattler - GBEMS	10	<u>Morning Run:</u> Beginning at the Pendleton County line on Route 250/28, then south to Thornwood – run may require driver to then travel on Route 250, 6 miles to the Mallow residence – then to Bartow, back to Arbovale (Old Arbovale Road) and on to Green Bank Elementary-Middle School. <u>Afternoon Run:</u> Reverse of Morning Run	6:55 AM	<u>Morning Run:</u> From Bartow, travel south on 92/250, stop at Hermitage and pick up students from Rt. 28 and Thornwood. Resume normal route and may pick up students that other buses cannot.. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:40 AM 3 Hour Delay - 9:40 AM
Adam Taylor PCHS/GBEMS	1-16	<u>Morning Run:</u> Beginning at Pocahontas County High School, follow Warrior Way to Rt. 28 turning right and travel to Laurel Run Road. Enter Laurel Run and travel to Cloverlick, Road to Cloverlick, following River Road and turning at end of River Road, coming back out and turning right in to Stony Bottom at top of Cold Run Road and travel into Gum Road to Whittaker Campground then to Rick Gum's turning the bus, to Cass Firehouse – turn bus, come out of Cass, traveling on to Green Bank Elementary-Middle School. Pick up high school students at GBEMS, return to 92/28 turning right and proceed to PCHS via 92/28 to 28 picking up high school students as necessary on 92/28 and Rt. 28. <u>Afternoon Run:</u> Reverse of Morning Run	6:35 AM	<u>Morning Run:</u> Students will meet the bus at the Cass Fire Hall. This includes students from the lower part of Back Mountain Road on Steve Mick's Run. The bus will travel out of Cass and stay on North 92 stopping if students need picked up. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:45 AM 3 Hour Delay - 9:35 AM



### **Instructions for Snow Routes**

- 1. If a Snow Route is in effect, the announcement will be broadcast on all the major new and radio outlets currently used by Pocahontas County Schools.**
- 2. The Snow Route announcement will be broadcast on School Messenger to all of the Staff and Students of Pocahontas County Schools.**
- 3. Snow Routes will only occur on 2 or 3 hour delays or in special circumstances.**
- 4. The Snow Route that runs in the morning will also run in the evening. NO REGULAR ROUTES (Morning or Evening) WILL BE RUN ON A SNOW ROUTE DAY!**
- 5. Students may ride a different bus rather than their normal bus.**
- 6. If a student cannot get to school because a bus was not available, the parent must write an excuse that the bus was not running. The excuse is necessary for an excused absence. Obvious abuses of this situation will be handled by the Attendance Director.**
- 7. Parents may transport their children to school but will have to either pick them up at the end of school day or call the bus driver and make arrangements for the child to be dropped off at a Snow Route stop. NO REGULAR ROUTES (Morning or evening) WILL BE RUN ON A SNOW ROUTE DAY!**
- 8. There is no way to practice Snow Routes. Our first attempt of the new school year may not be as refined as we want it to be. The efficiency will get better as we run them more often.**
- 9. The ultimate decision as to whether a child rides the bus and attend school lies solely with the parent. If the parent deems it too dangerous for their child to go, then the child will be absent. But it is the sole responsibility of the parent to present an excuse as to the reason for their child's absence.**

















# POCAHONTAS COUNTY TRACK RECORDS

## BOYS

### 100 YD

Michaela Williams	14.6.3"	LONG JUMP
C. Brumby/L. Dumas	9'10"	HIGH JUMP
Michaela Williams	27'9"	SHOTPUT
Angela Carroll	100' 1"	POLE VAULT

### 200 YD

Chaylin Woodruff	13.08	100 M
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Adrienne Hollingsworth	36.8	200 M
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Adrienne Hollingsworth	55.08	400 M
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Tasha Carbo	2:21.85	800 M
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Tasha Carbo	6:23.38	1600 M
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Cara Rodrick	13:08.34	3200 M
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Laila Carlson	16.12	5000 M/10K/20K
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Laila Carlson	41.09	10K/20K/30K/40K
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Travis Brumby/Lindal K.	52.3	4 X 100 M
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Laila Carlson/Lindal K.	1:01.38	4 X 200 M
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Kathryn Brumby/Lindal K.	4:10	4 X 400 M
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Kathryn Brumby/Lindal K.	15:12	4 X 800 M
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Kathryn Brumby/Lindal K.	41:12	4 X 1600 M
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Kathryn Brumby/Lindal K.	1:12:12	4 X 3200 M
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Kathryn Brumby/Lindal K.	2:24:12	4 X 6400 M
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Kathryn Brumby/Lindal K.	4:48:12	4 X 12800 M
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Kathryn Brumby/Lindal K.	9:36:12	4 X 25600 M
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Kathryn Brumby/Lindal K.	18:72:12	4 X 51200 M
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Kathryn Brumby/Lindal K.	37:44:12	4 X 102400 M
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Kathryn Brumby/Lindal K.	75:28:12	4 X 204800 M
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Kathryn Brumby/Lindal K.	150:56:12	4 X 409600 M
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Kathryn Brumby/Lindal K.	301:12:12	4 X 819200 M
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Kathryn Brumby/Lindal K.	602:24:12	4 X 1638400 M
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Kathryn Brumby/Lindal K.	1204:48:12	4 X 3276800 M
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Kathryn Brumby/Lindal K.	2409:36:12	4 X 6553600 M
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Kathryn Brumby/Lindal K.	4819:12:12	4 X 13107200 M
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Kathryn Brumby/Lindal K.	9638:24:12	4 X 26214400 M
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Kathryn Brumby/Lindal K.	19276:48:12	4 X 52428800 M
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Kathryn Brumby/Lindal K.	38553:36:12	4 X 104857600 M
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Kathryn Brumby/Lindal K.	77107:12:12	4 X 209715200 M
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Kathryn Brumby/Lindal K.	154214:24:12	4 X 419430400 M
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Kathryn Brumby/Lindal K.	308428:48:12	4 X 838860800 M
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Kathryn Brumby/Lindal K.	616857:36:12	4 X 1677721600 M
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Sheryl & Whitte  
Kristy Madison 09'



































































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FROSTY'S  
BABY PICTURE

















92













We wish you a  
'TREE' mendous  
Christmas Season!





elan

Bah! Hum Bug!  
to Elf on a Shelf!

ELVES ON  
A DOOR

WISHES YOU  
MERRY  
CHRISTMAS  
AND  
MORE!





129



Merry

Grinchmas!



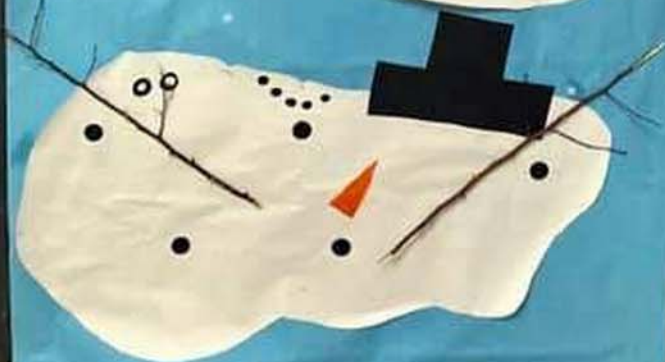


Mr. Rittenhouse's  
homeroom says  
"Merry Christmas" with  
huge 'GRIN'ches on their  
faces!





Baby  
it's  
hot  
in  
welding  
class!













CHILLIN'  
WITH  
MY  
SNOWMIES







































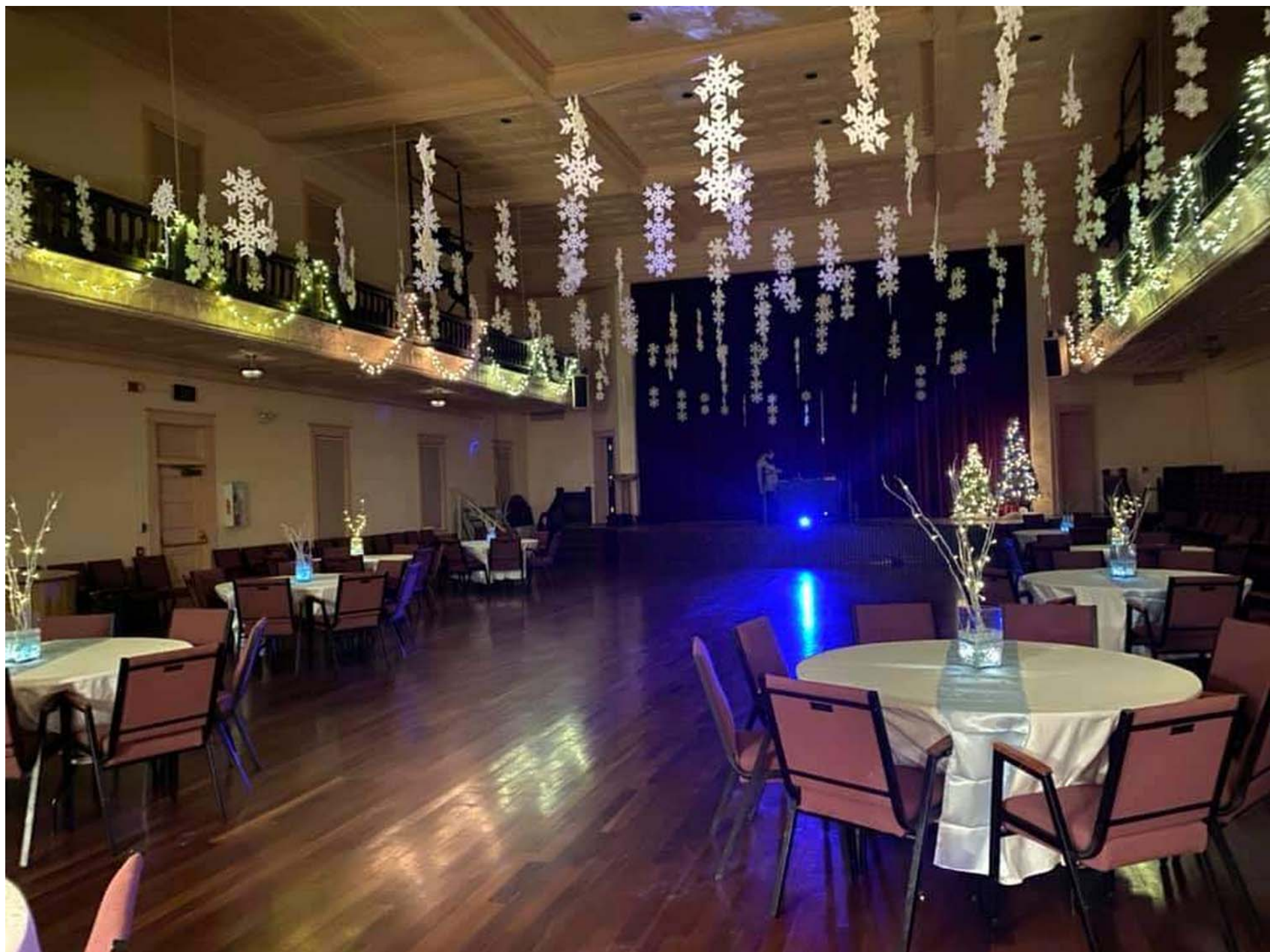




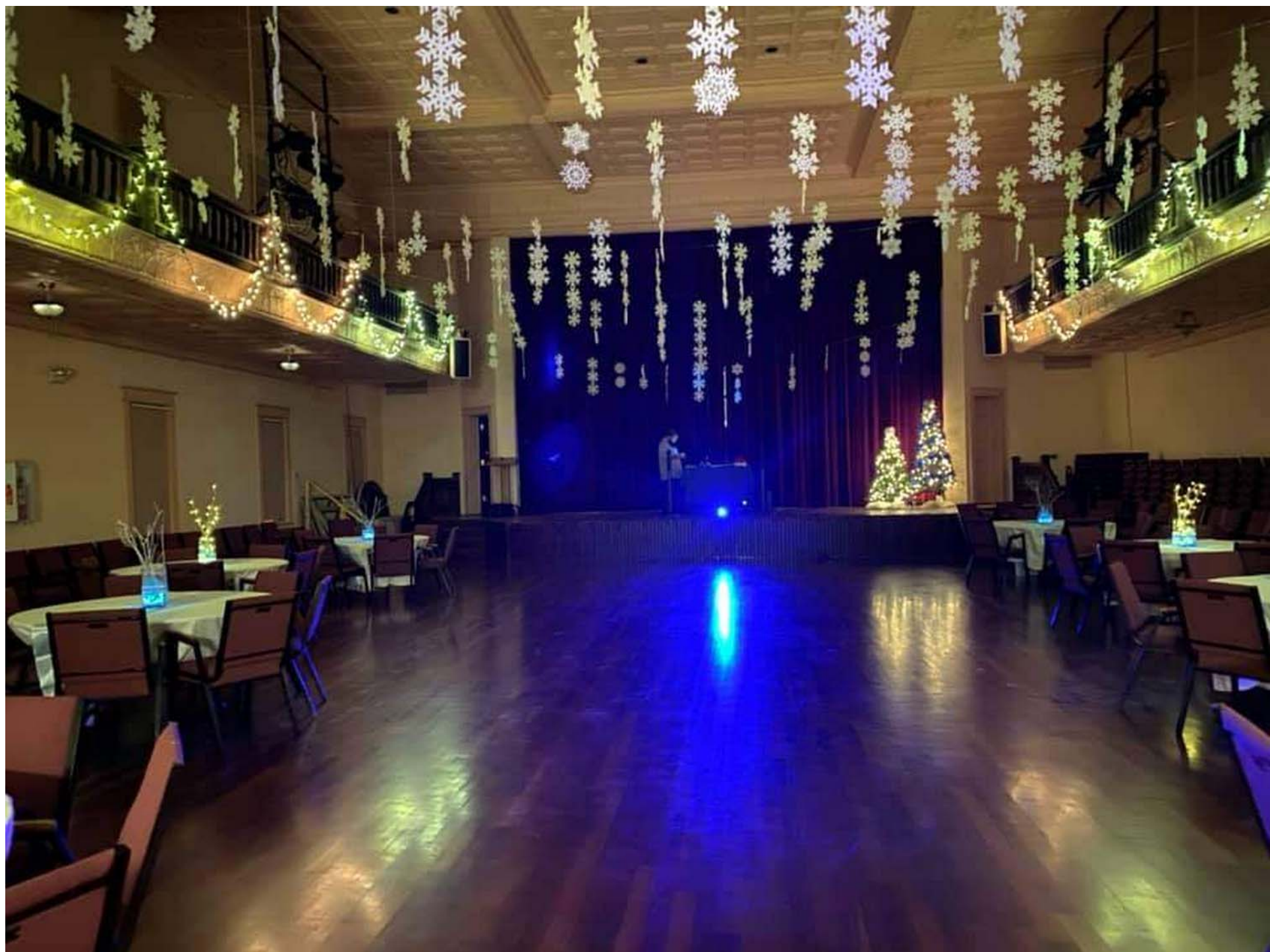




















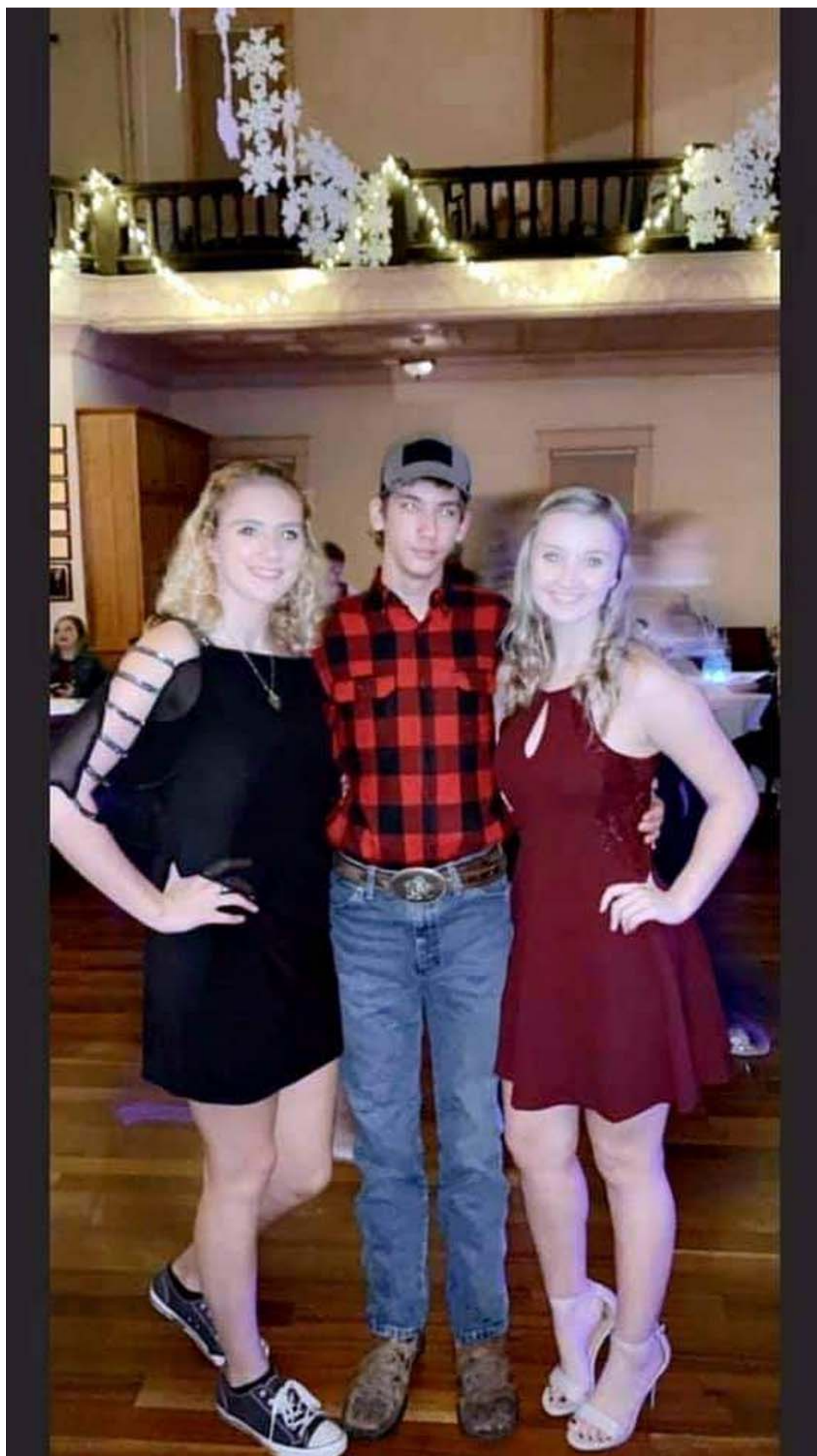












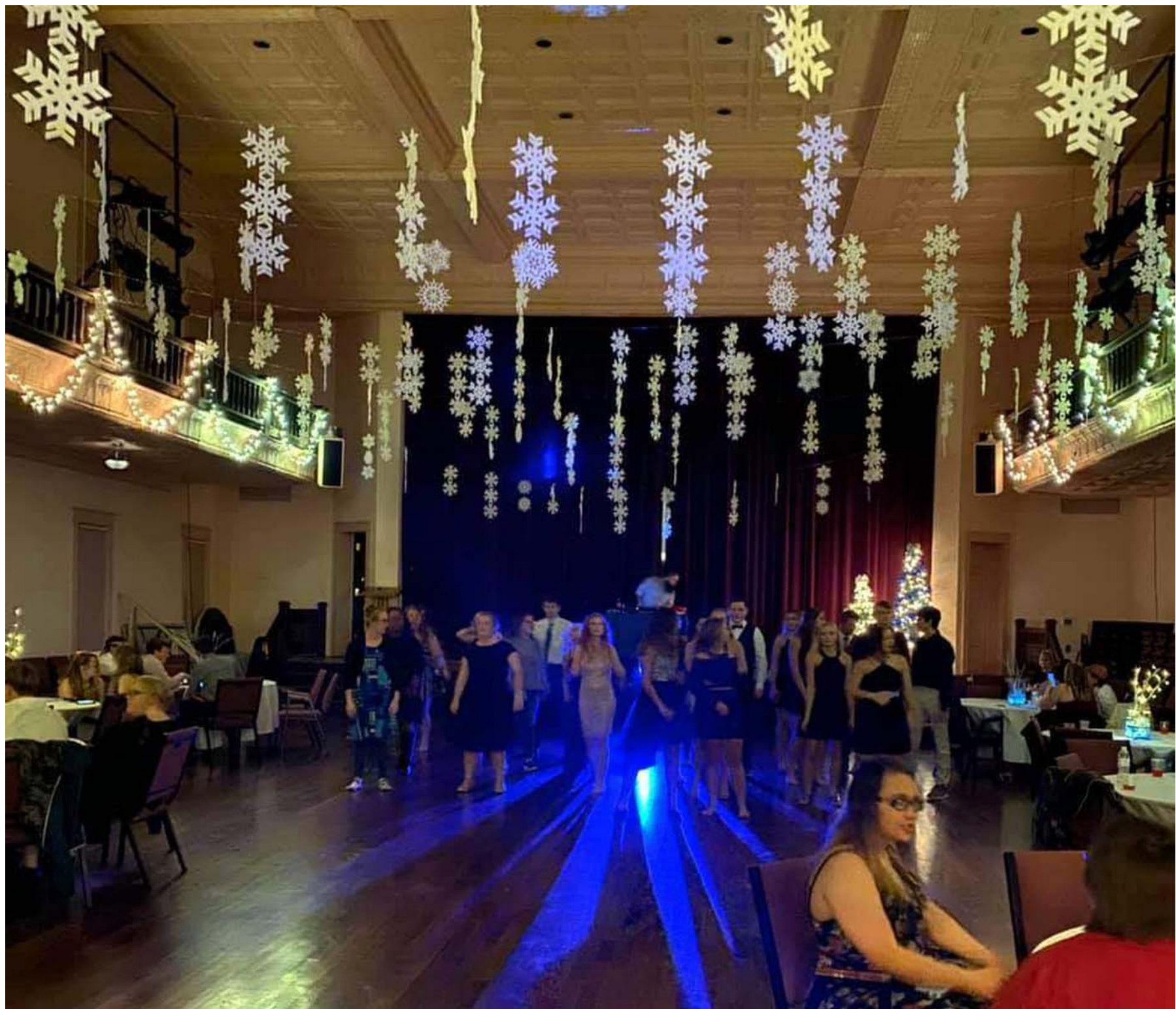
















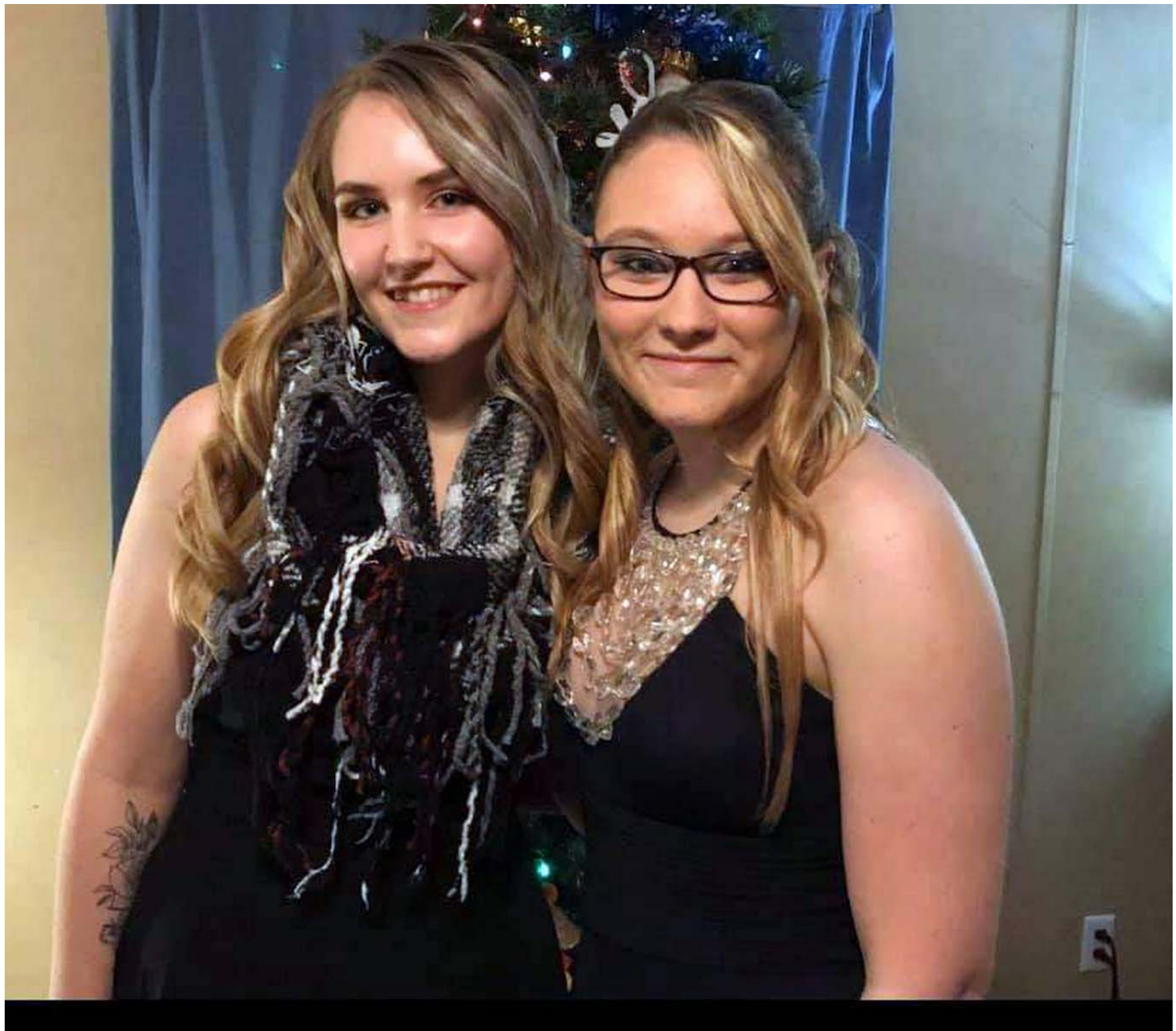




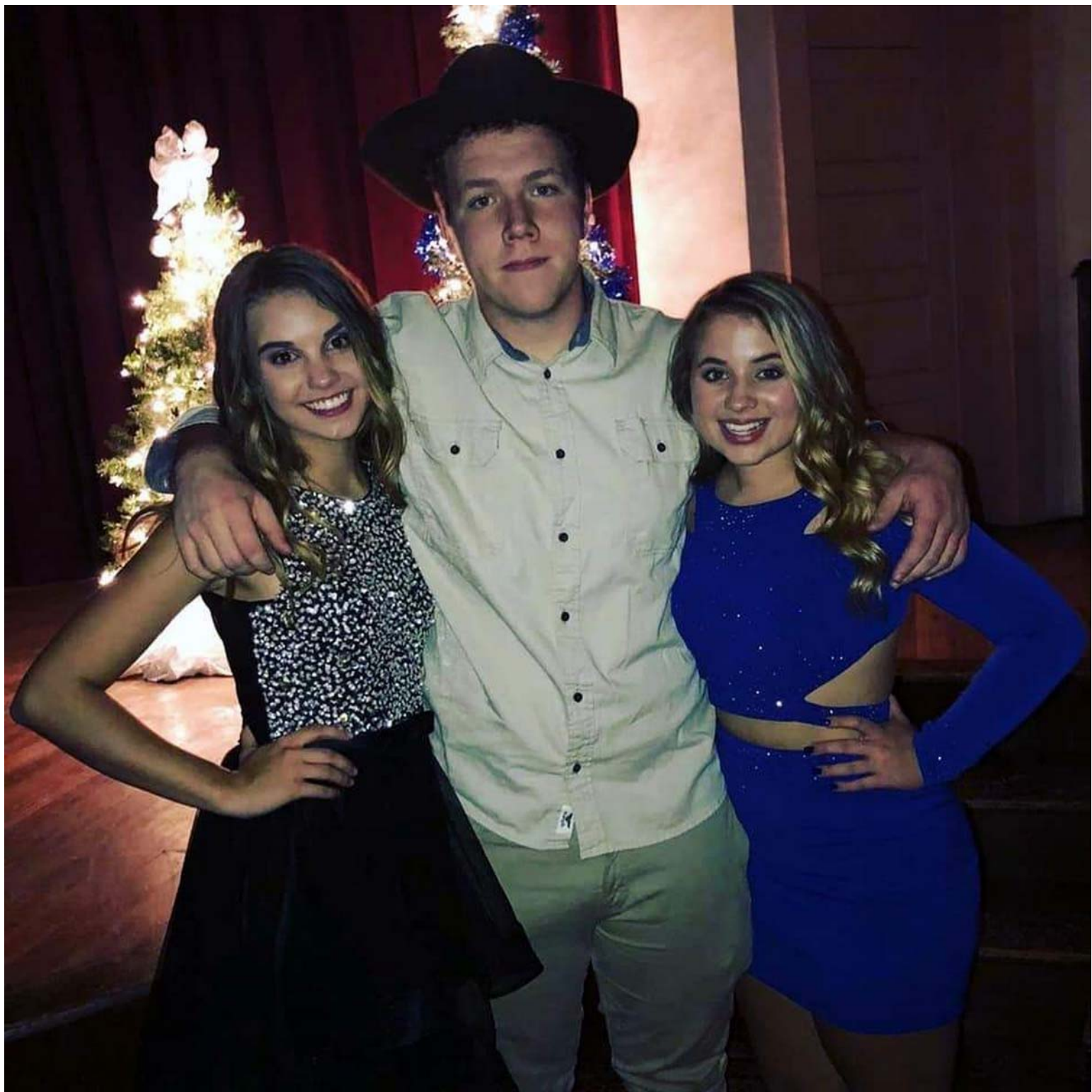




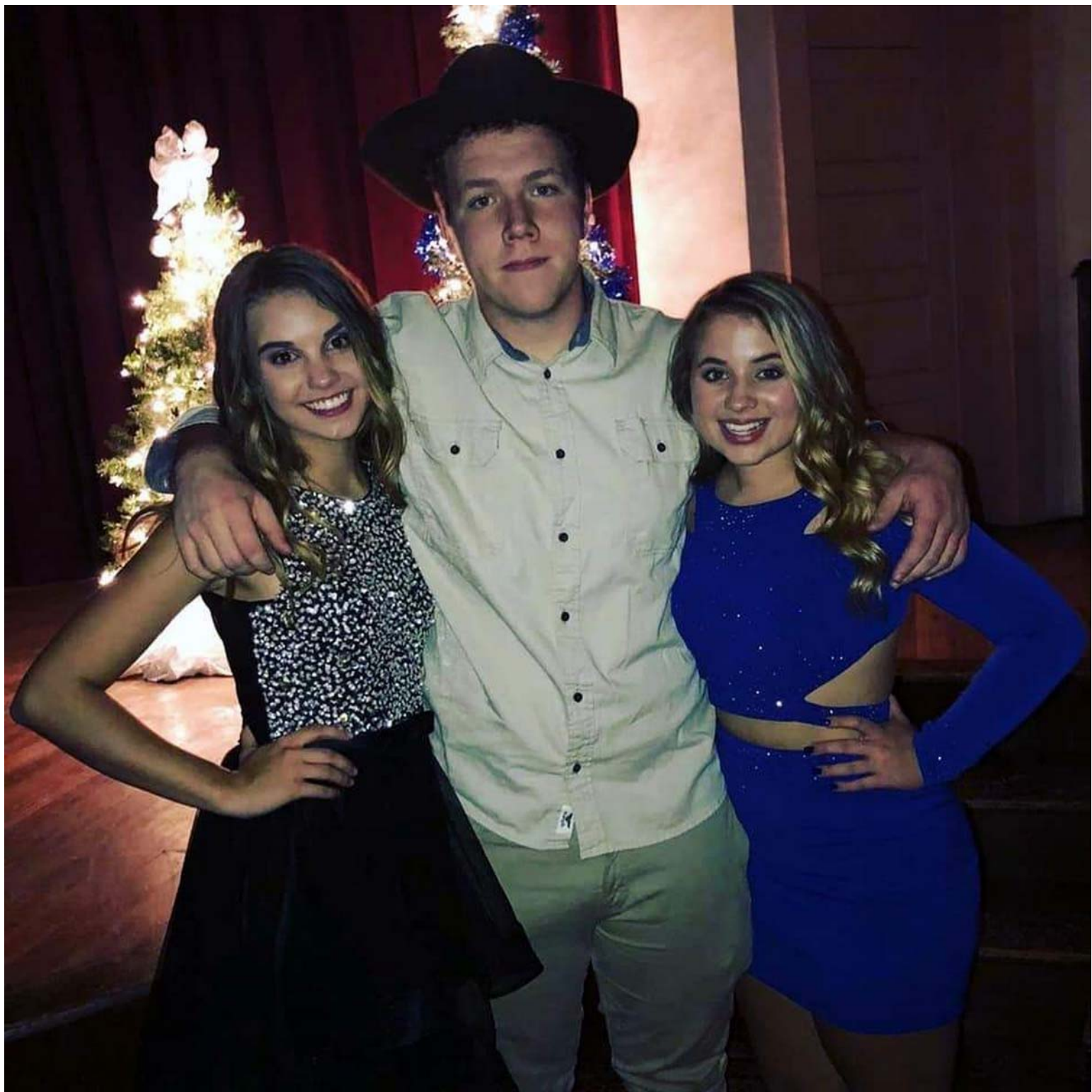








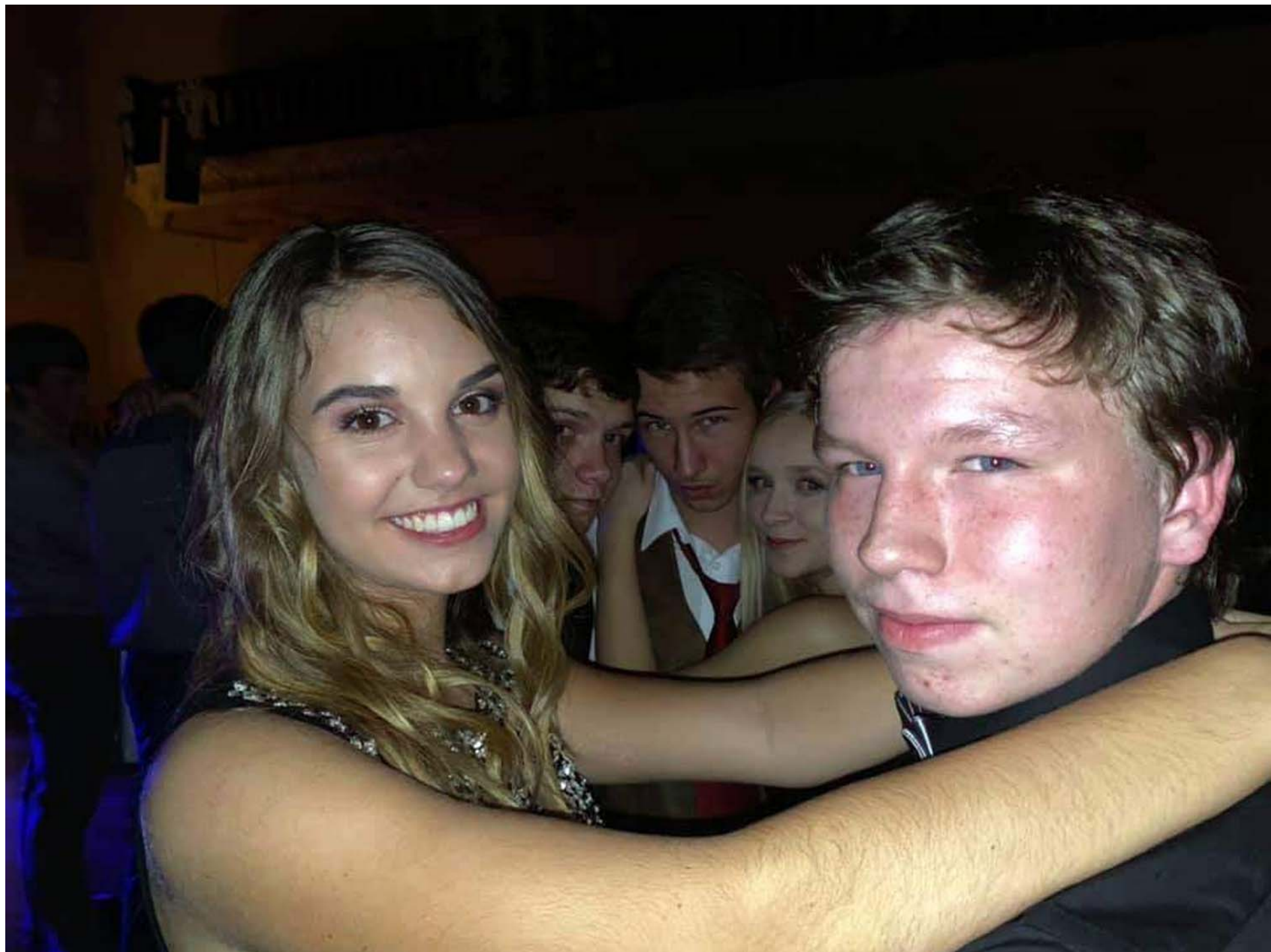




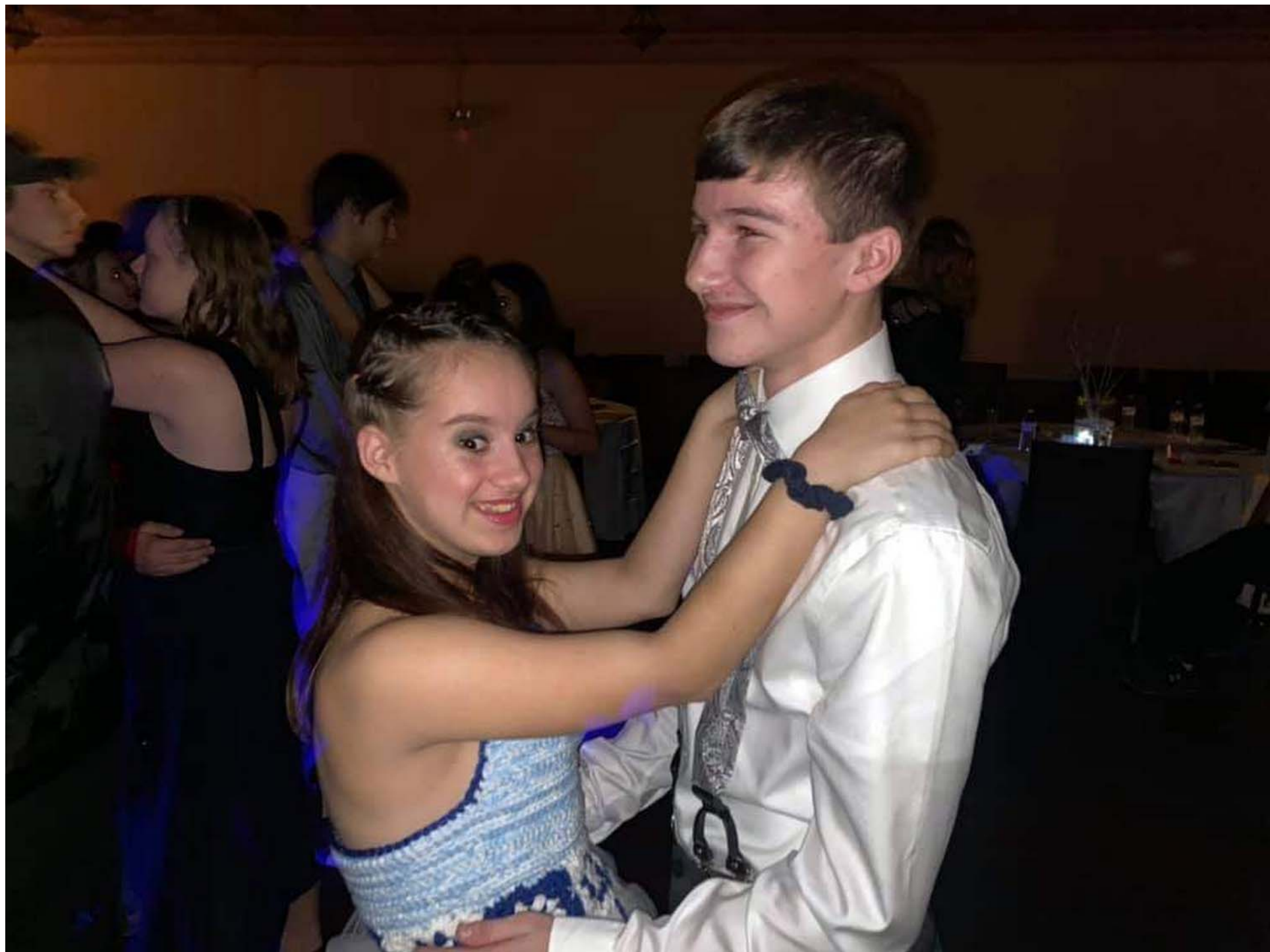




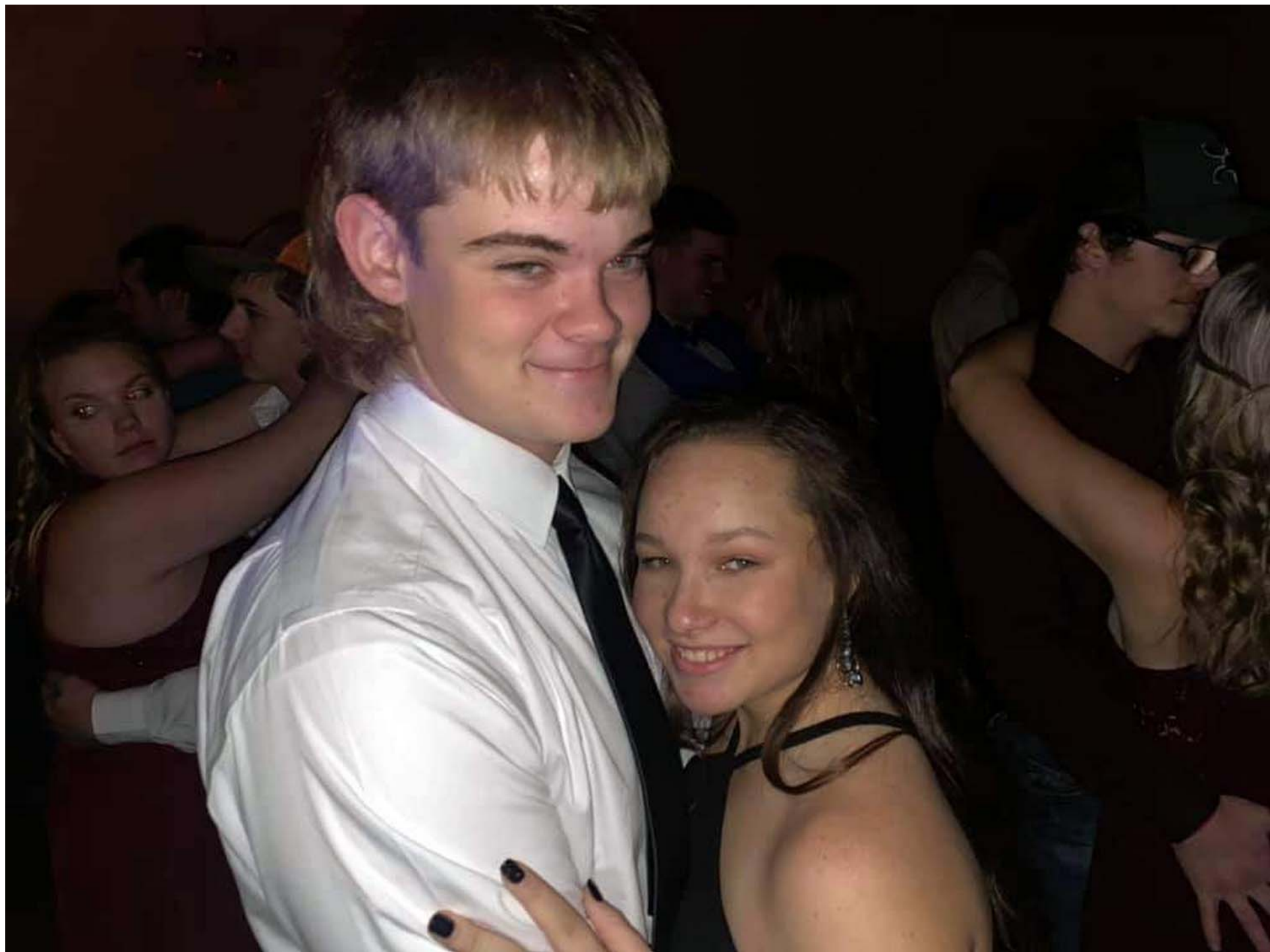




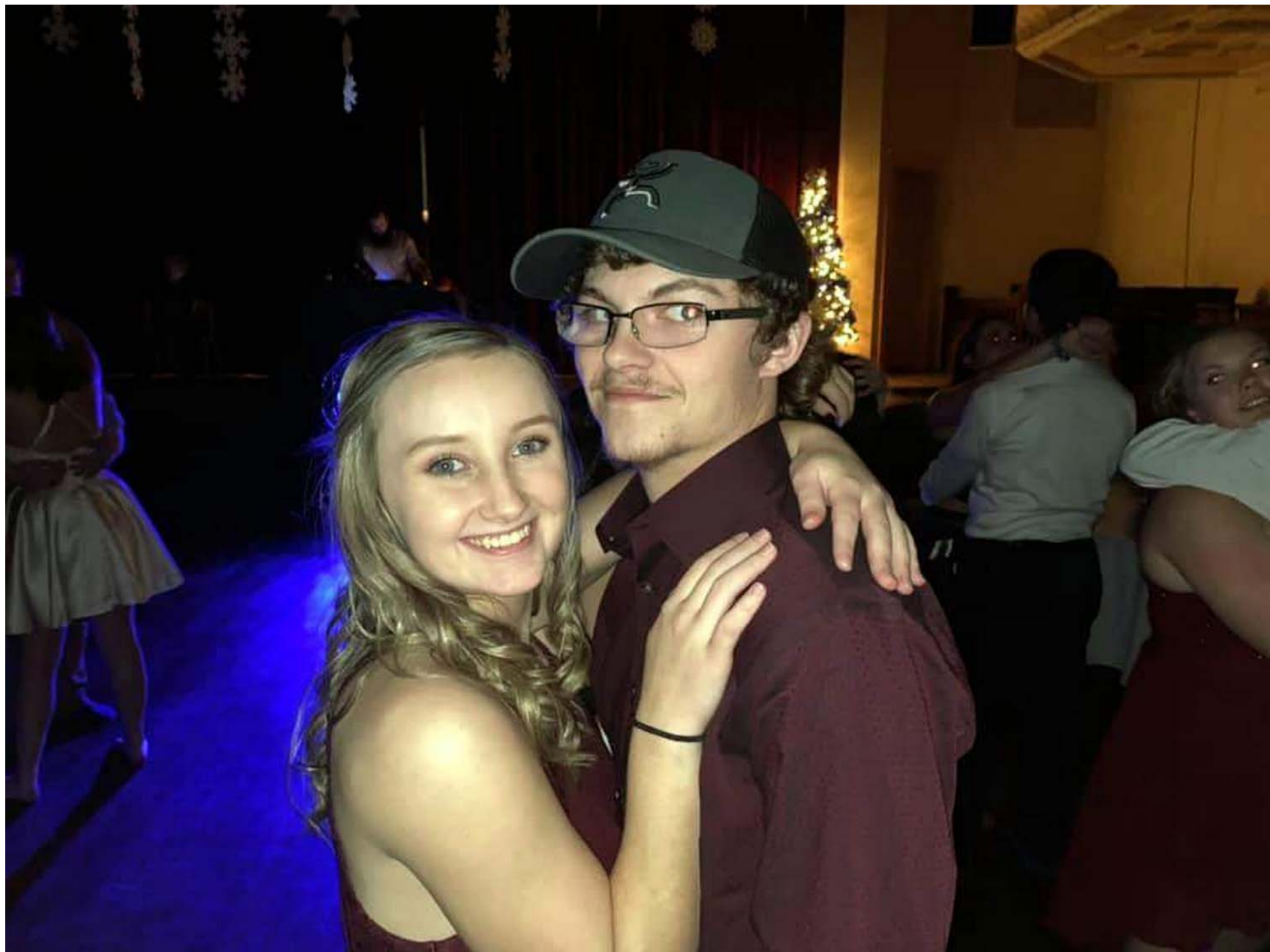




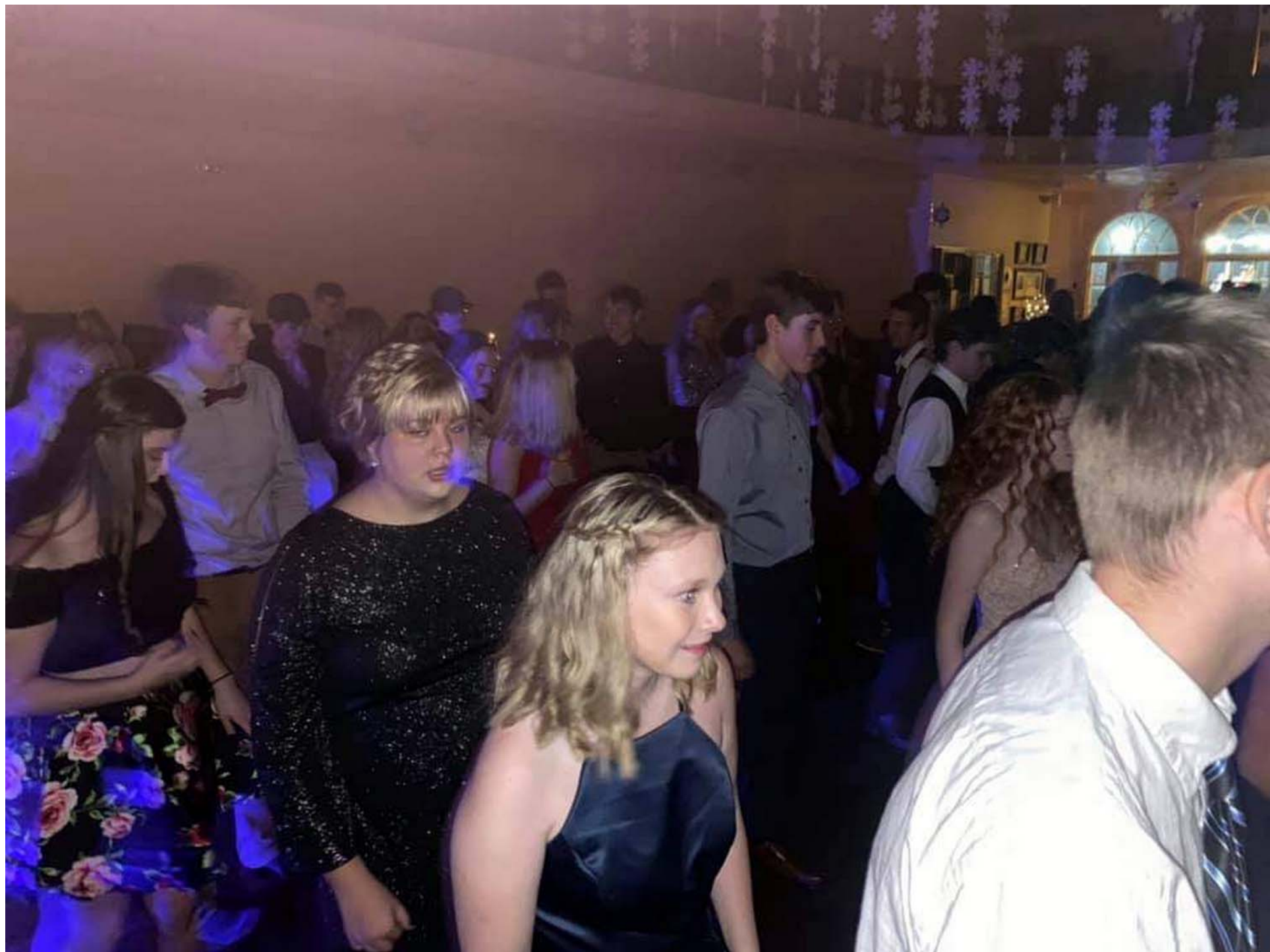












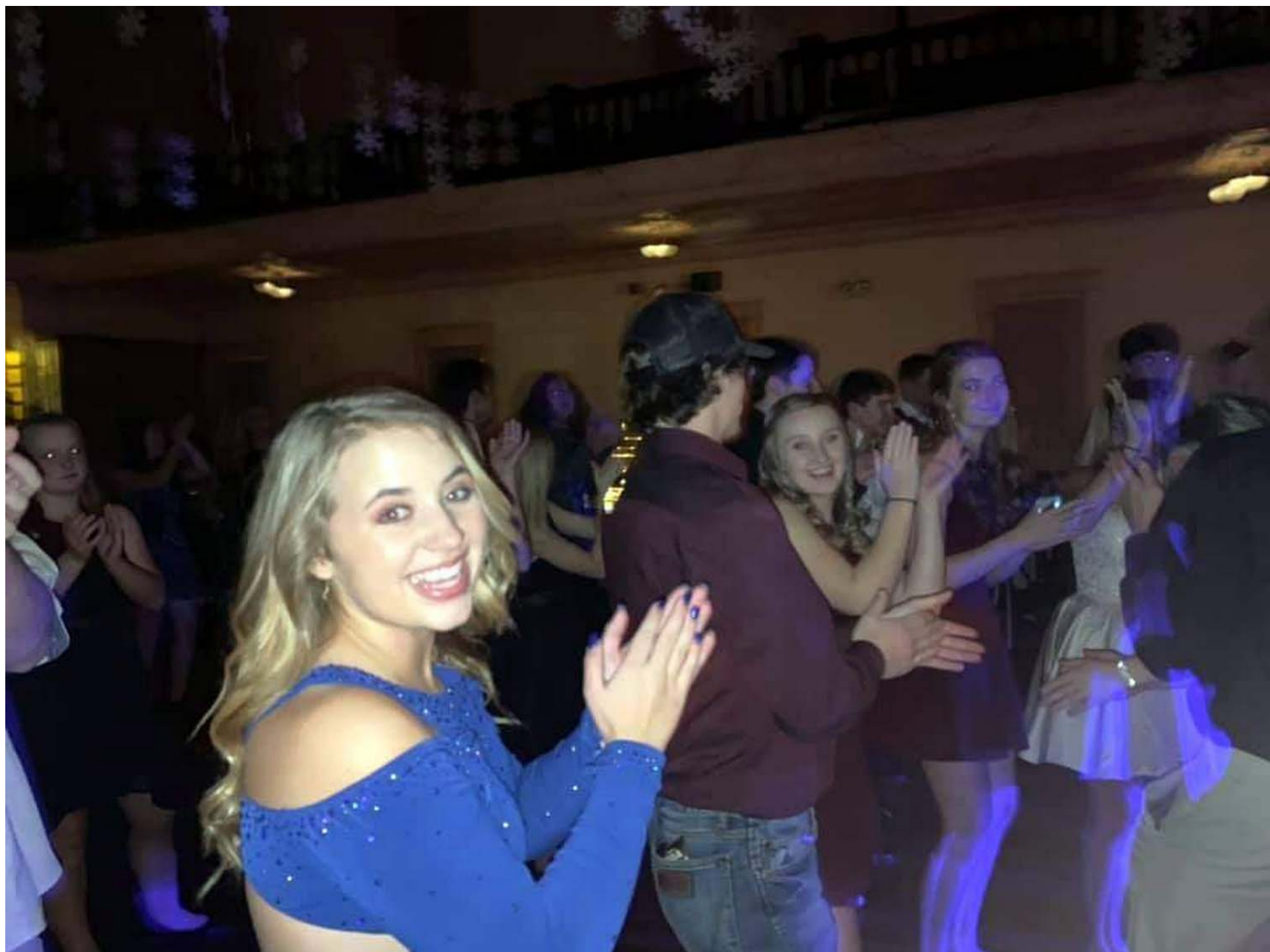




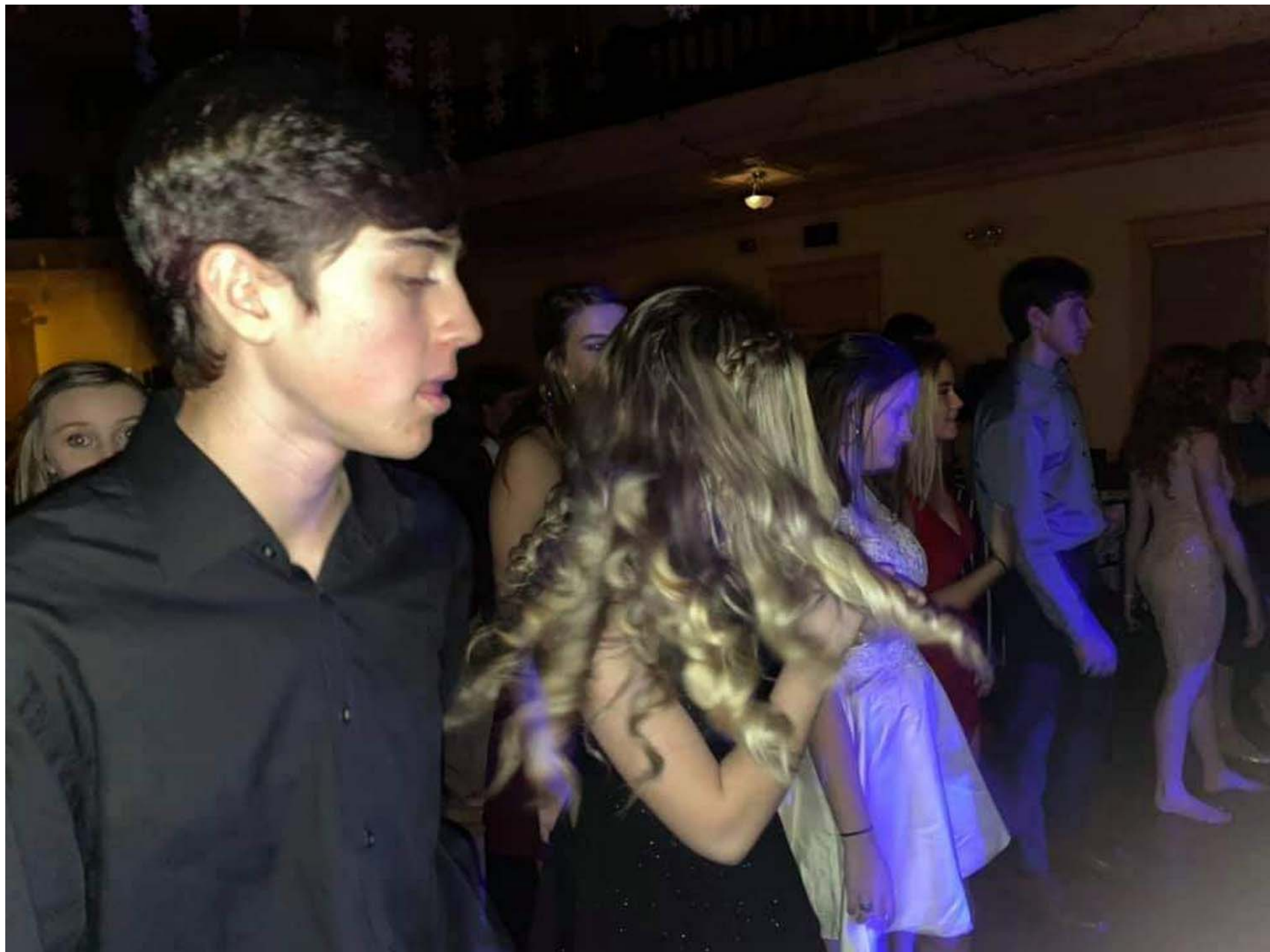








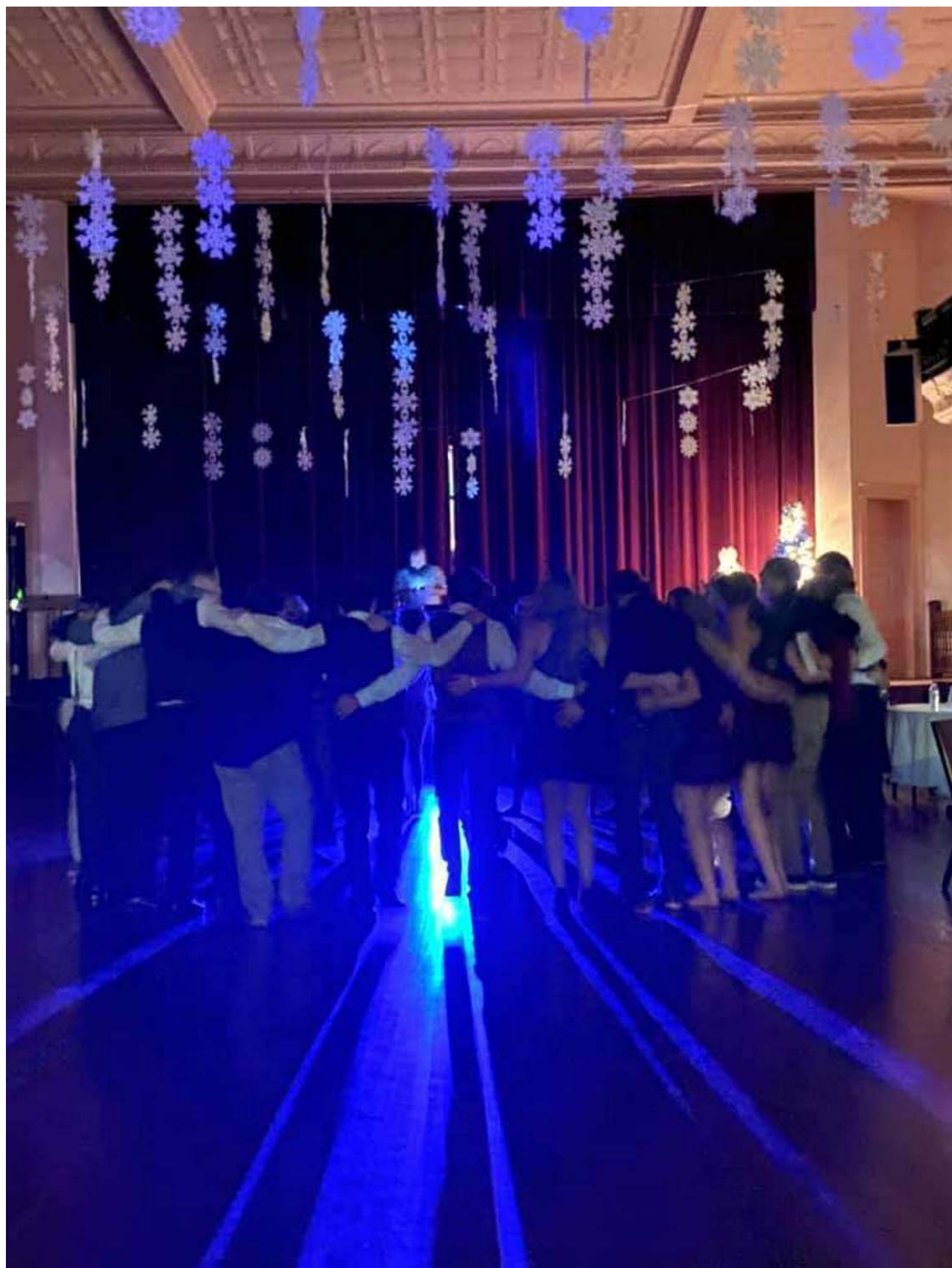




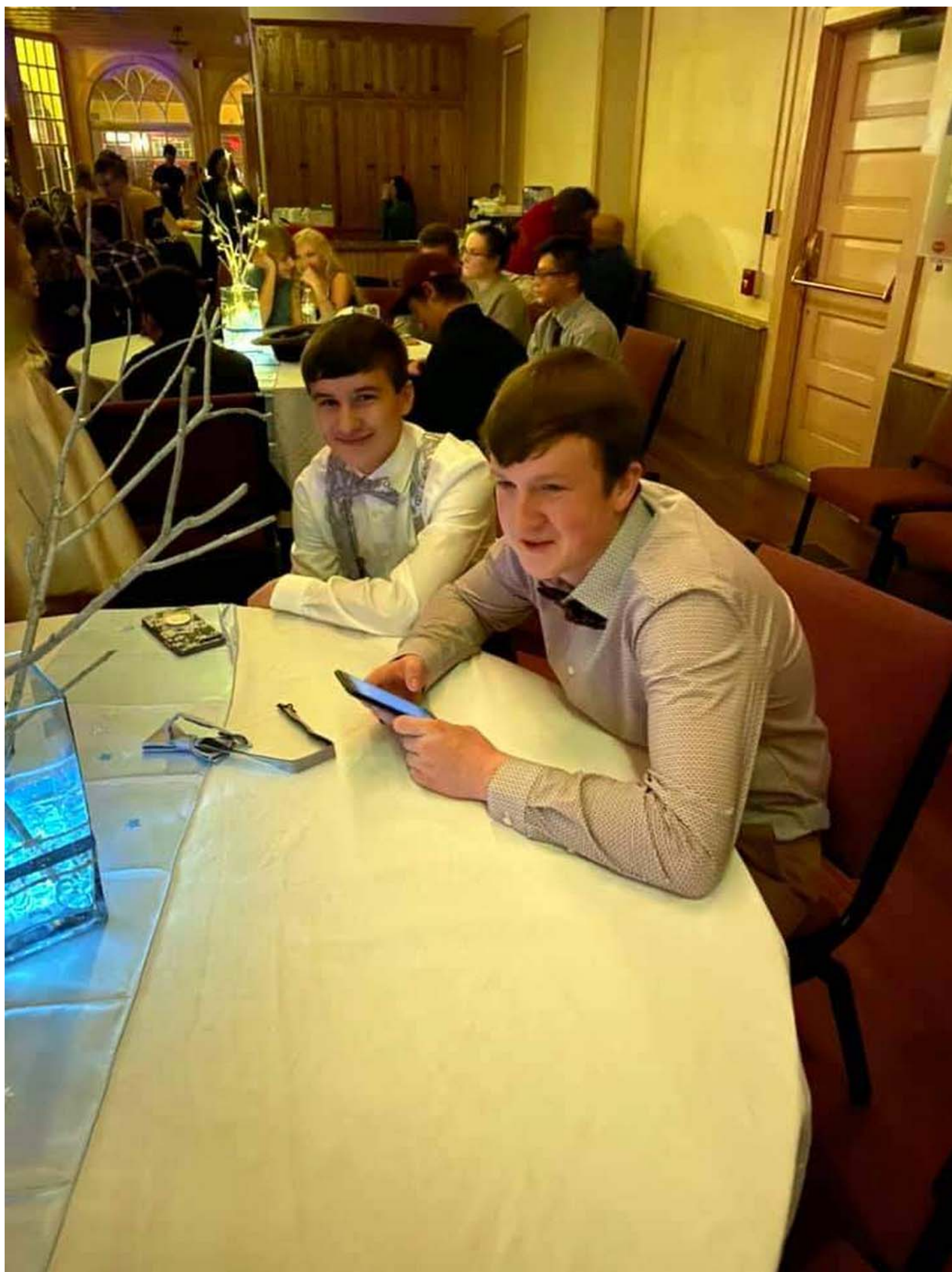
















































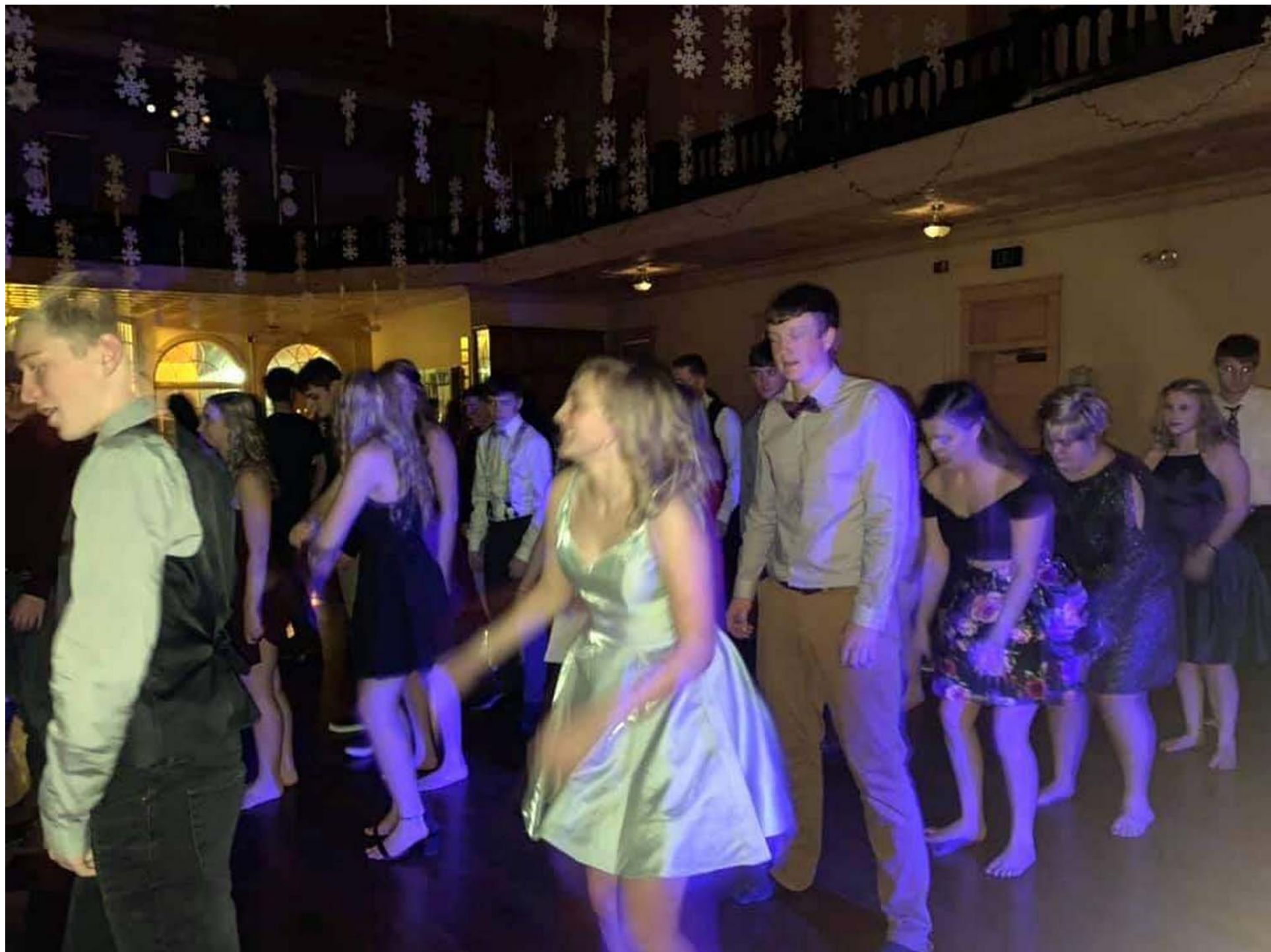












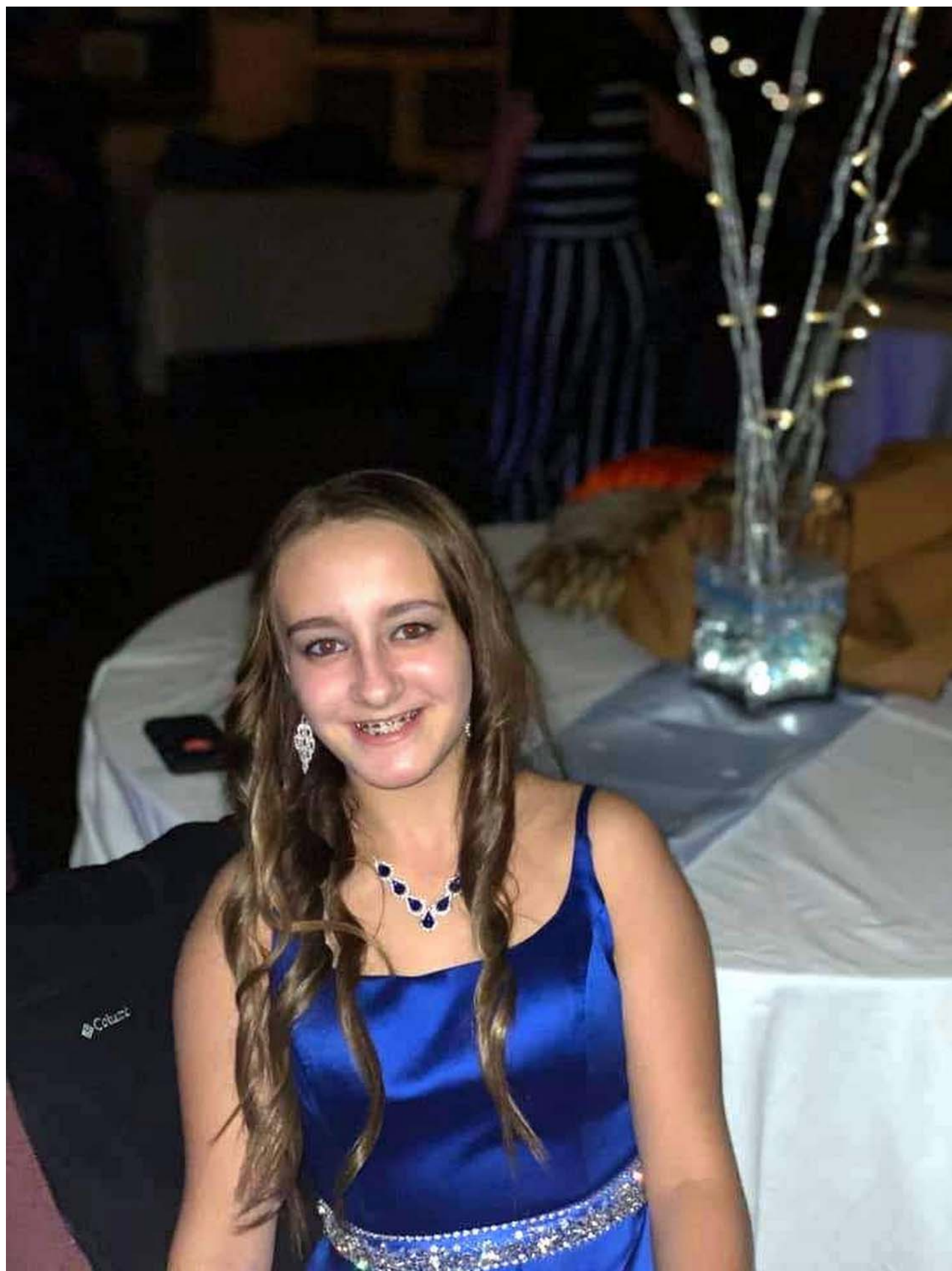




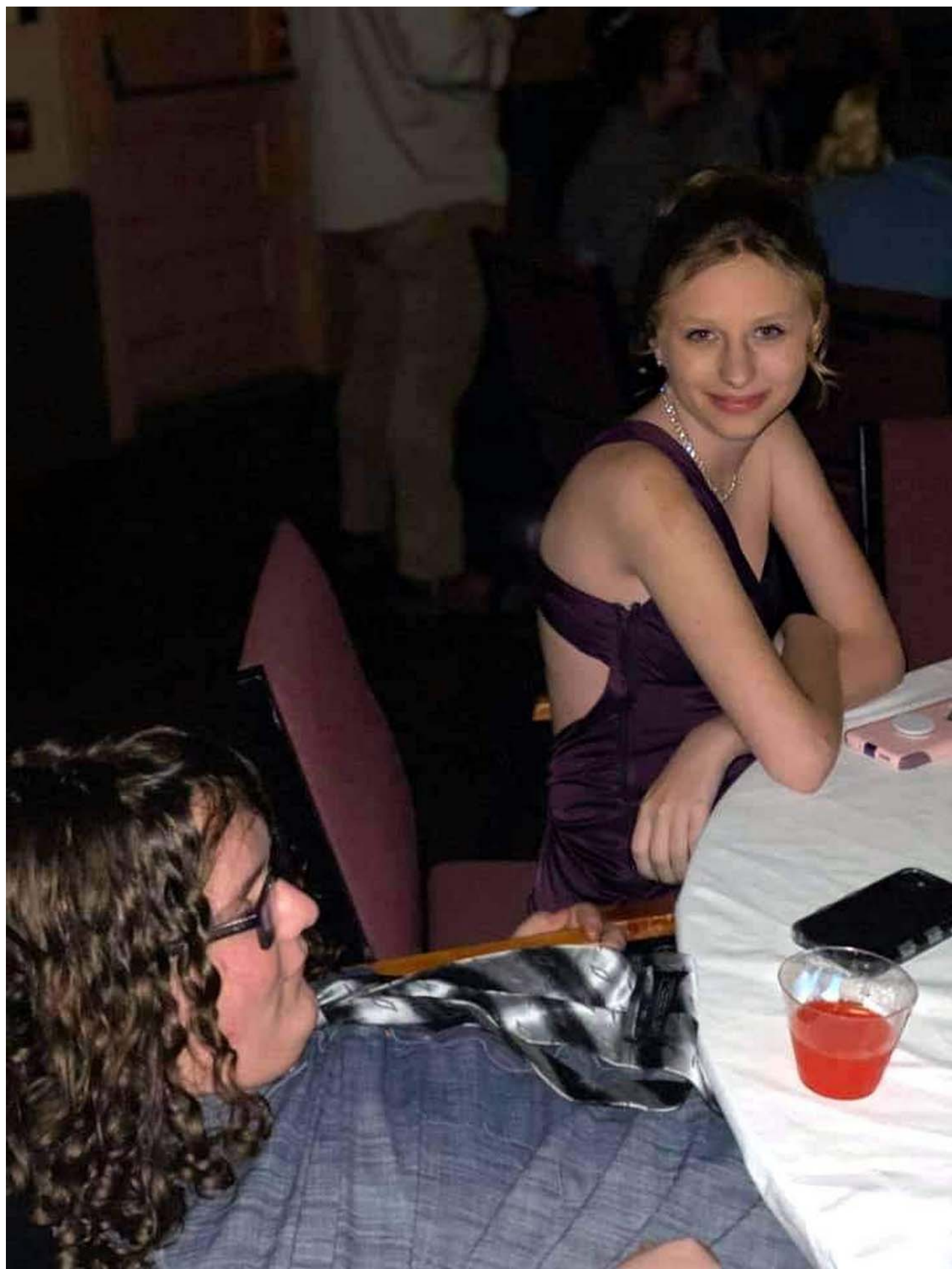








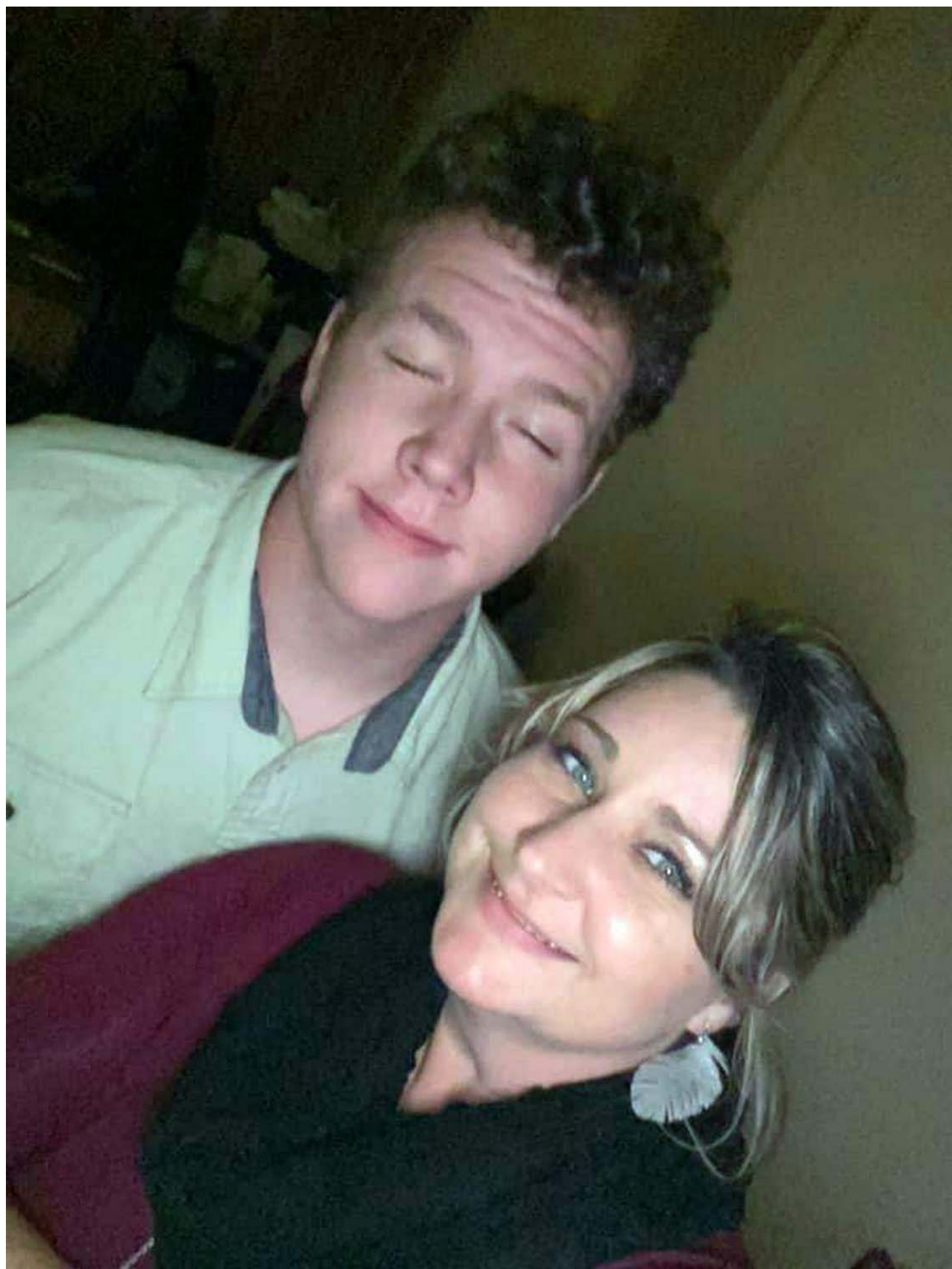




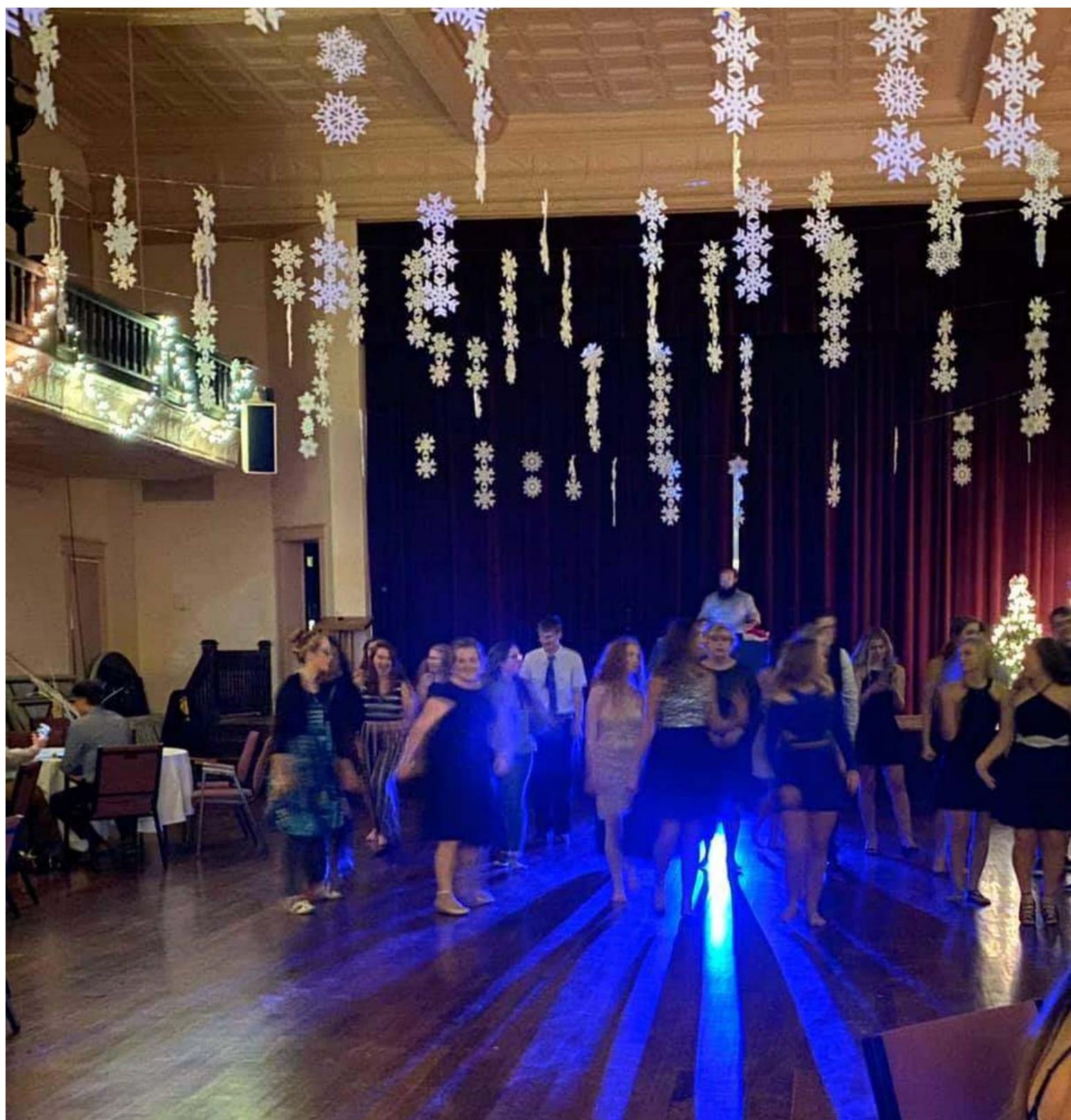








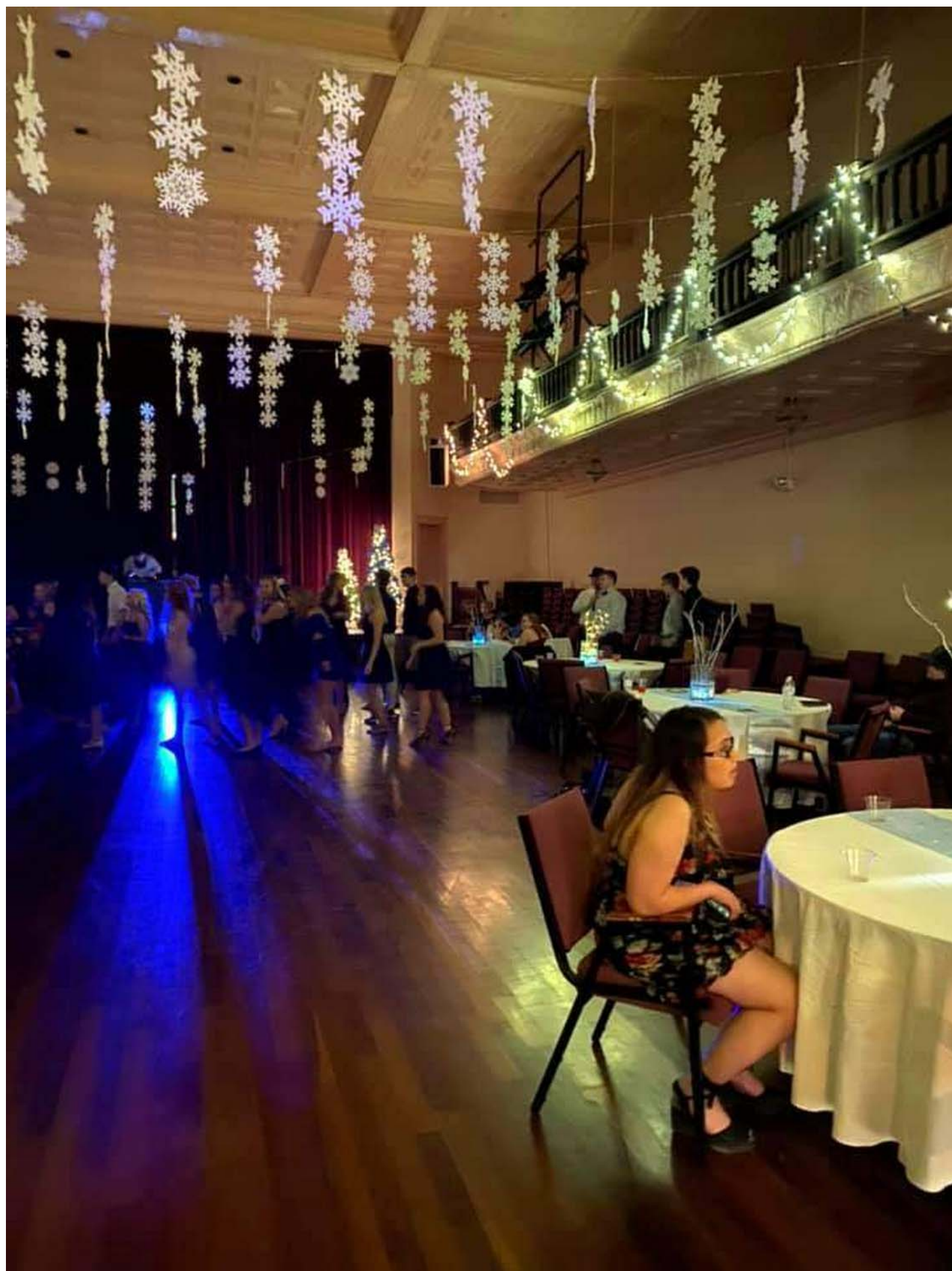




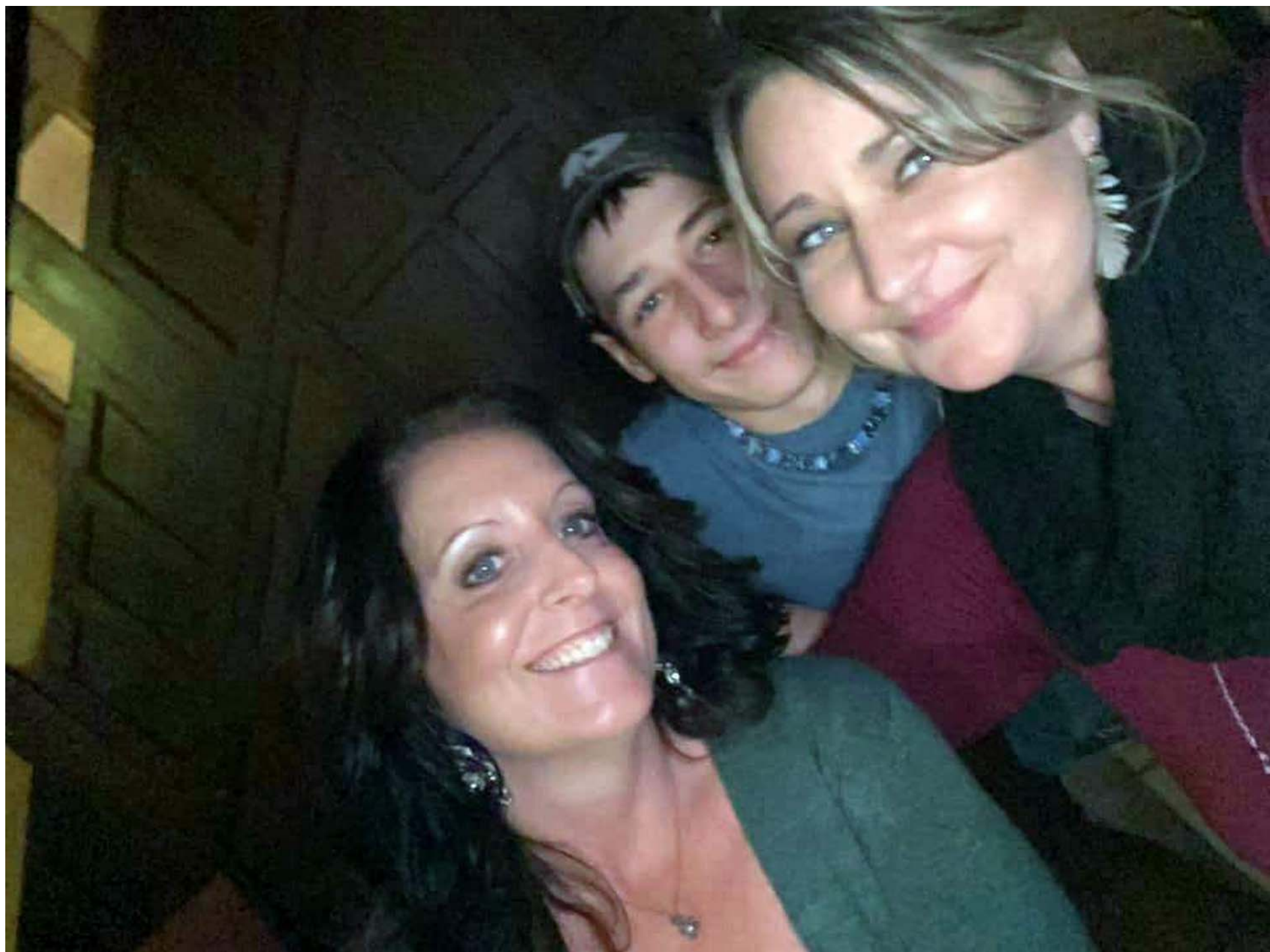












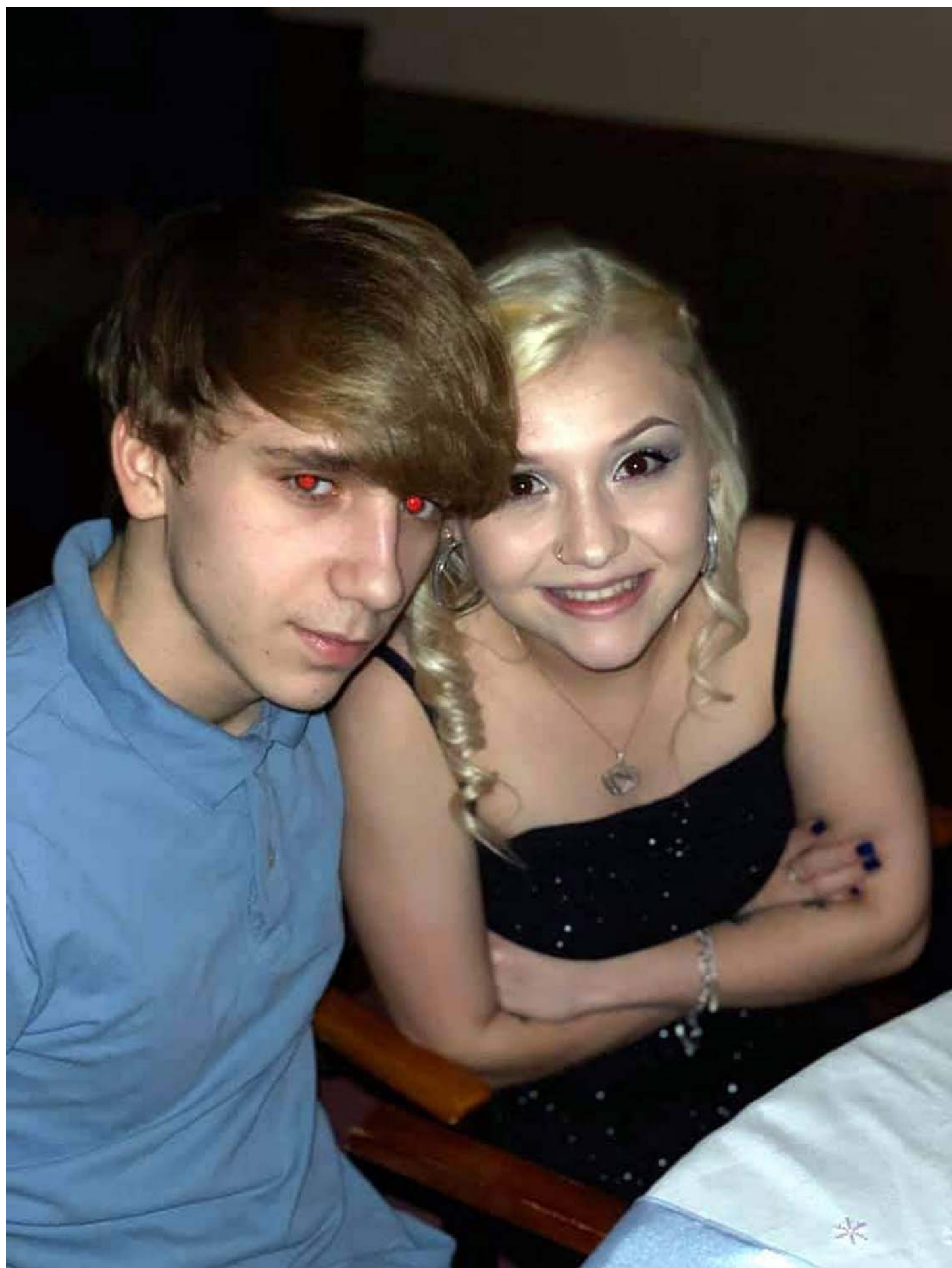
















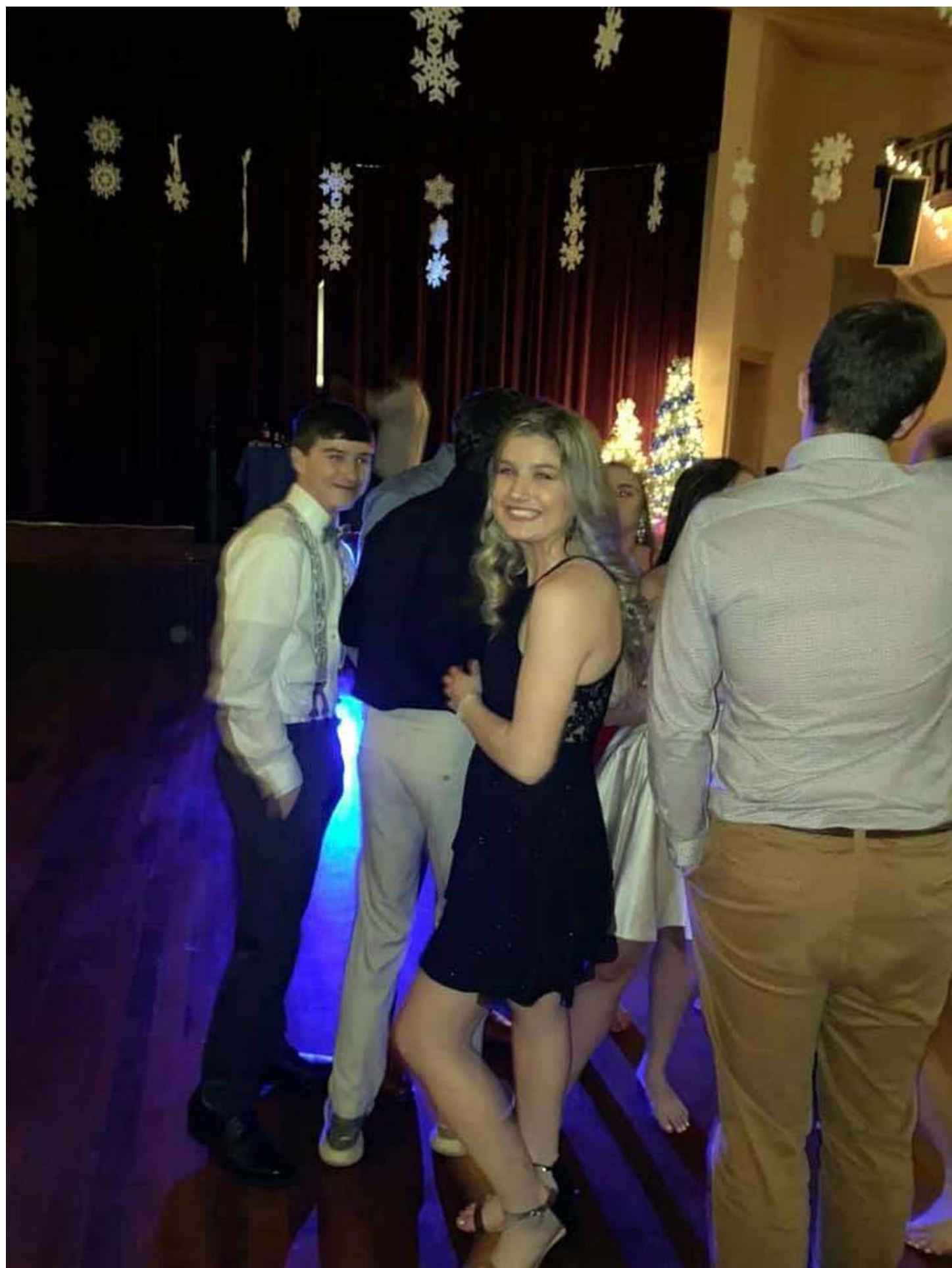








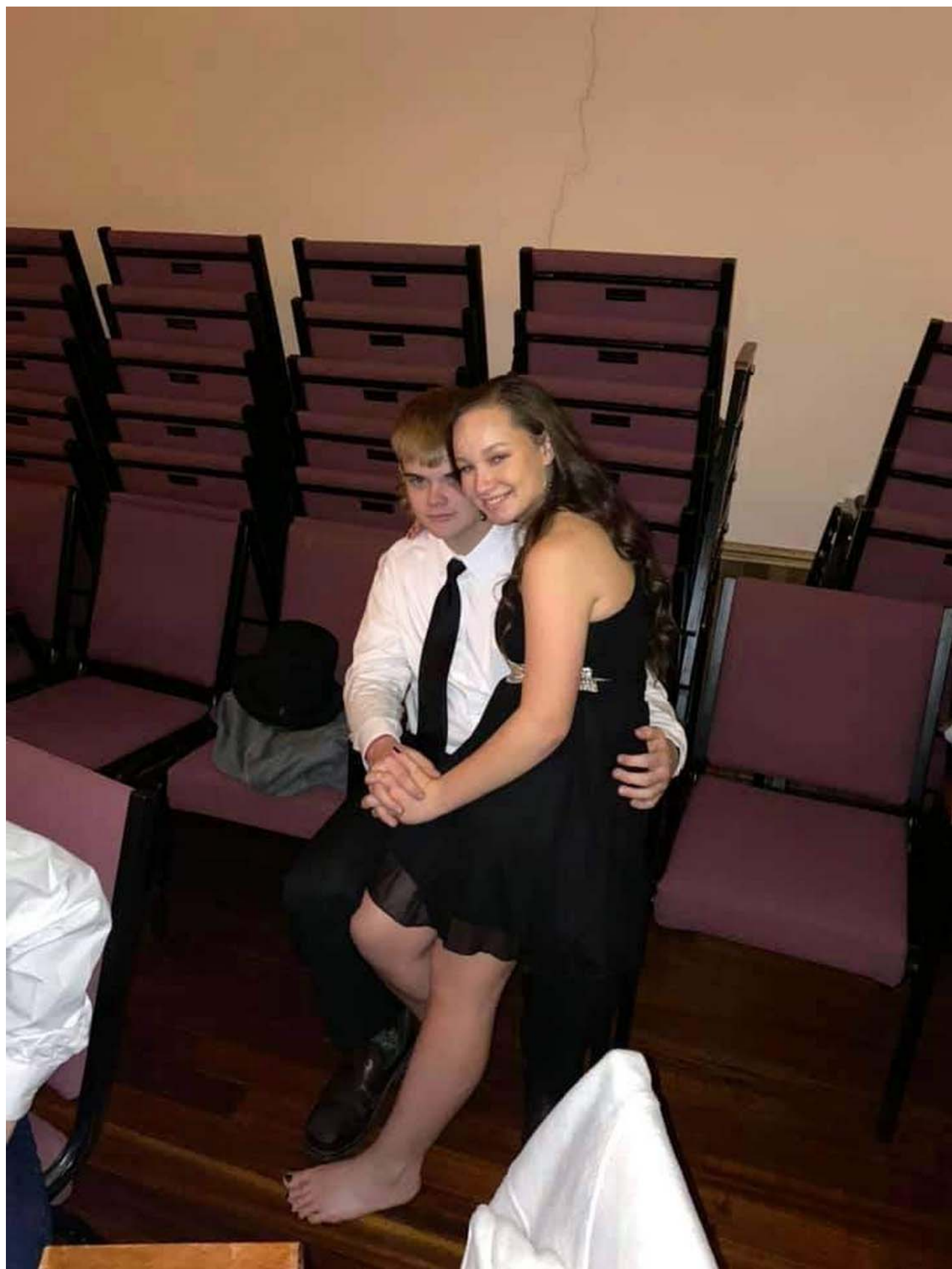




































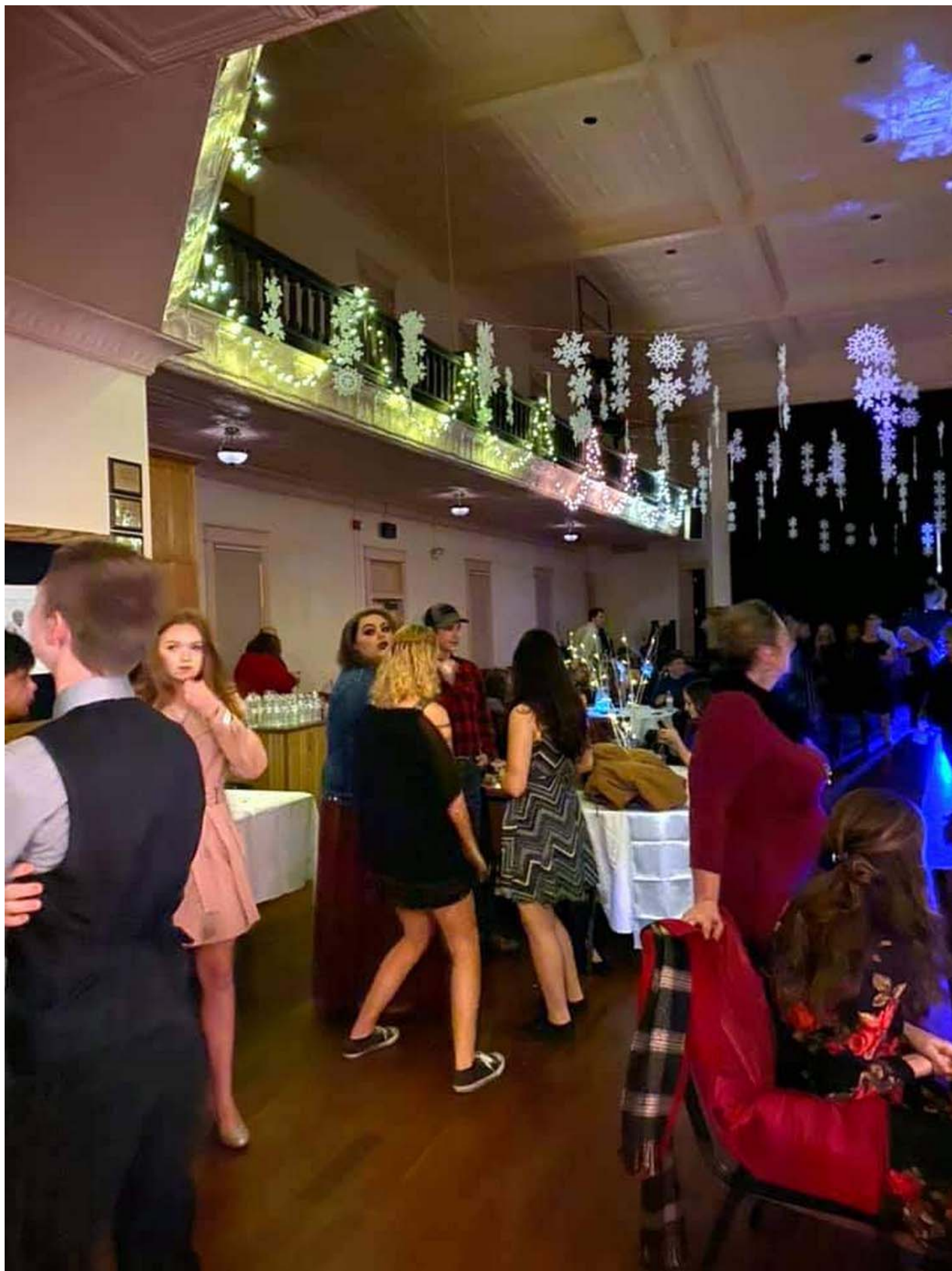








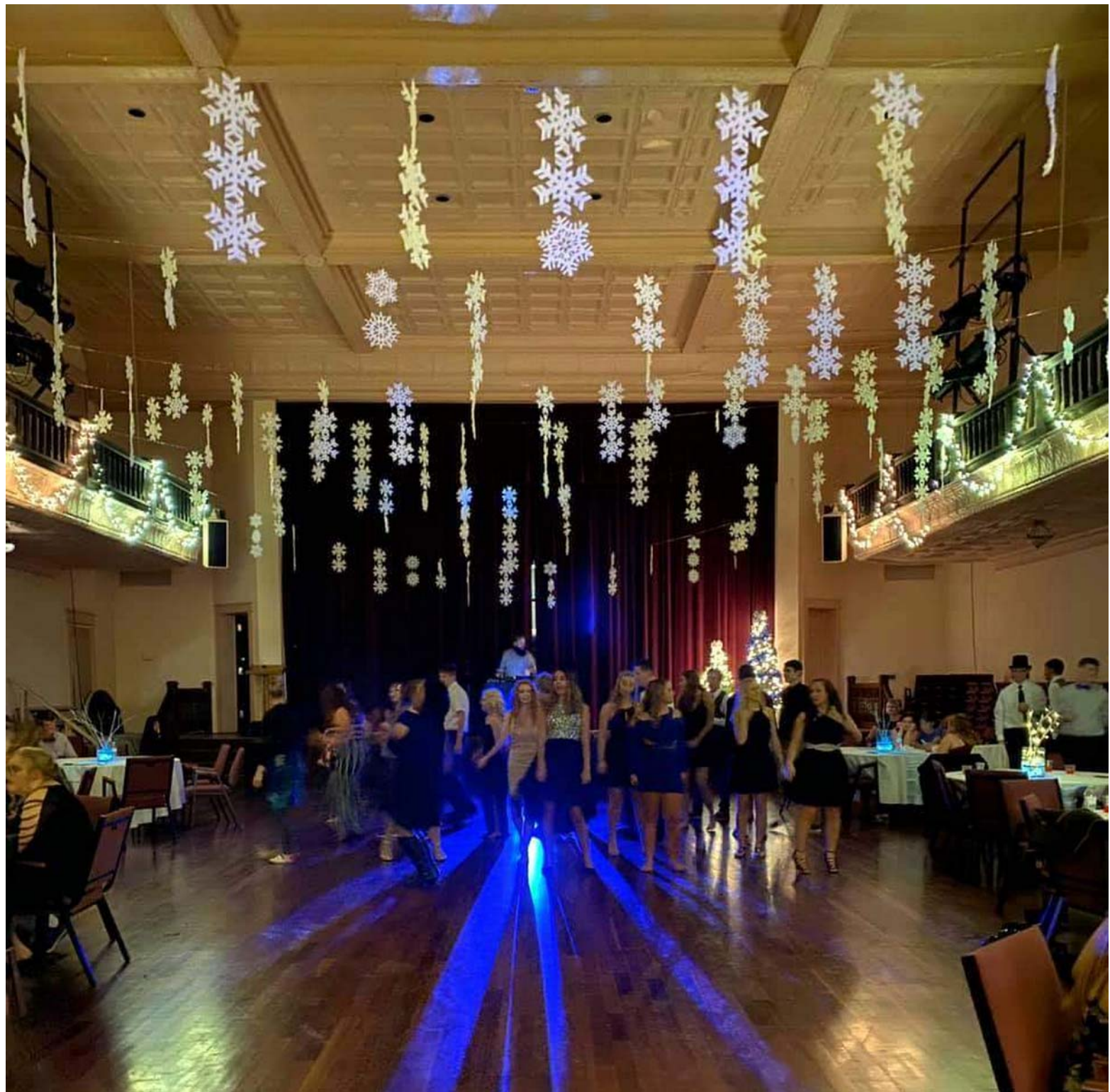










































































































































































































































































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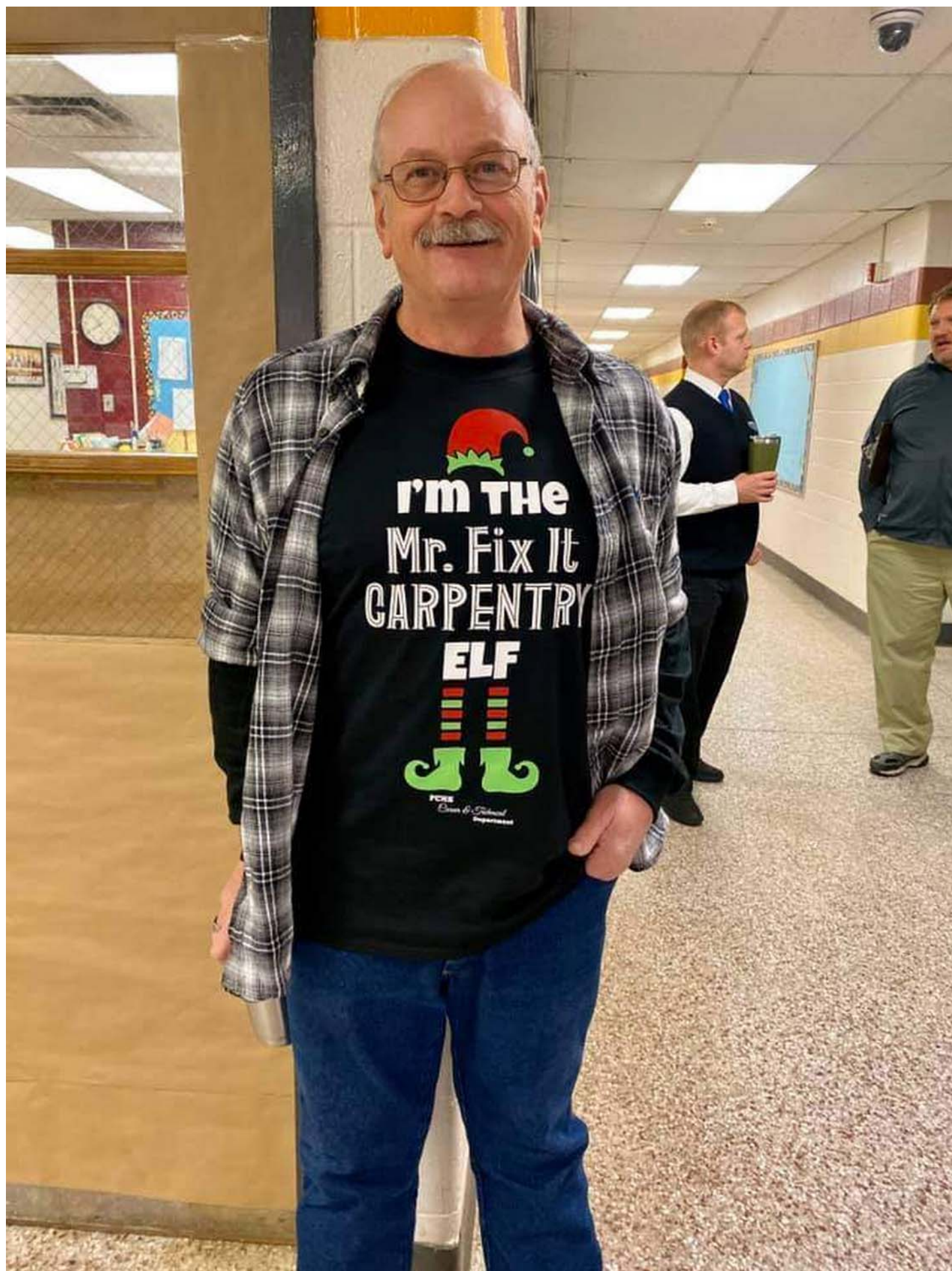






































# P.C.H.S. Annual ELF AUCTION



IS ACTIVELY SEEKING DONATIONS  
FROM OUR COMMUNITY  
& LOCAL BUSINESSES

## Ideas for Donations

Baked Goods, Gift Certificates

Home Made/Hand Made Items

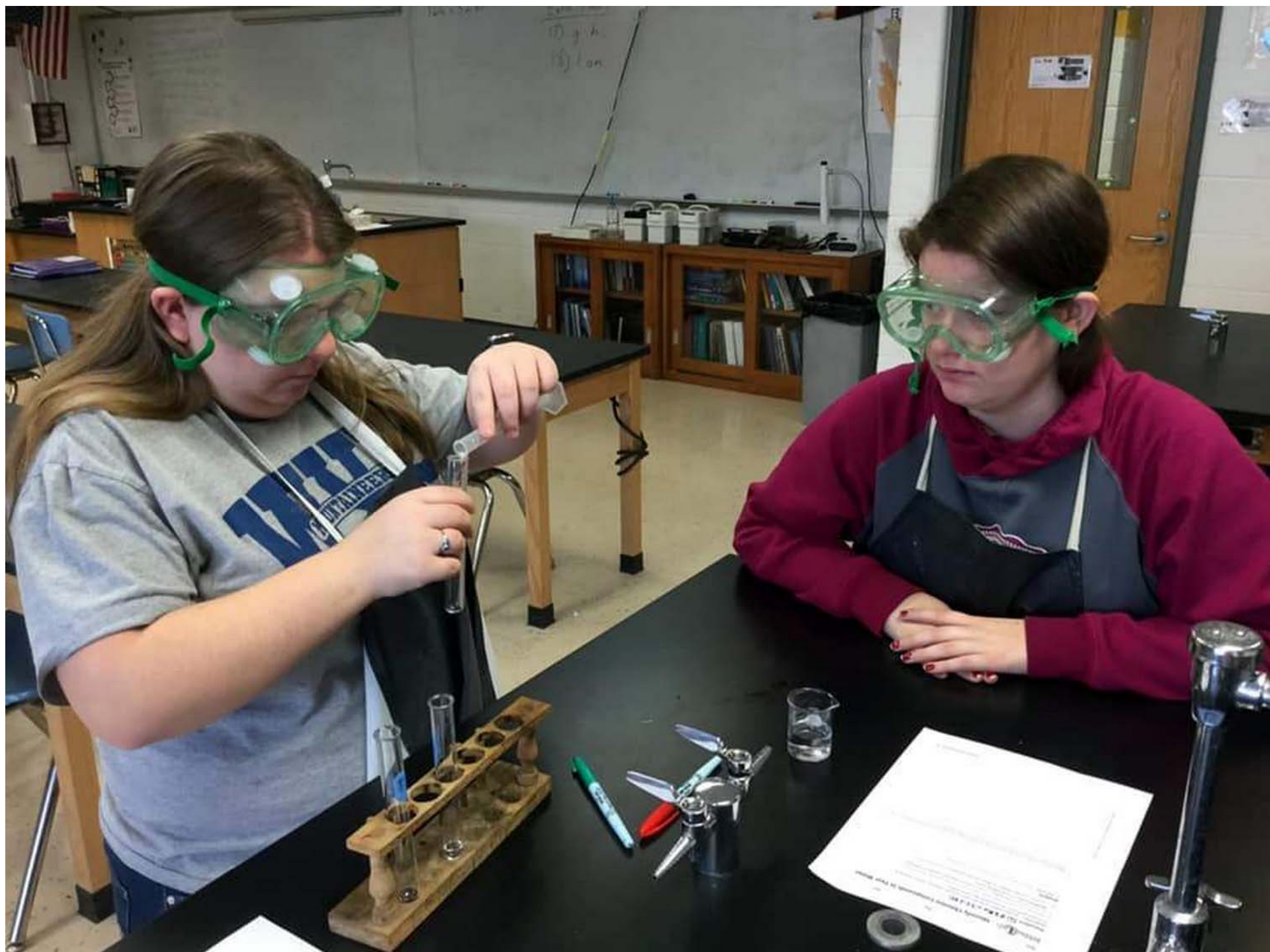
31 Bags, Scentsy, And more...

**\*\*All Proceeds benefit PCHS students in need during the Holiday Season\*\***

**Friday, December 13, 2019**

Contact Mrs. Beverage (Counselor) or Mrs. Wilfong (Librarian)  
for more information!!!





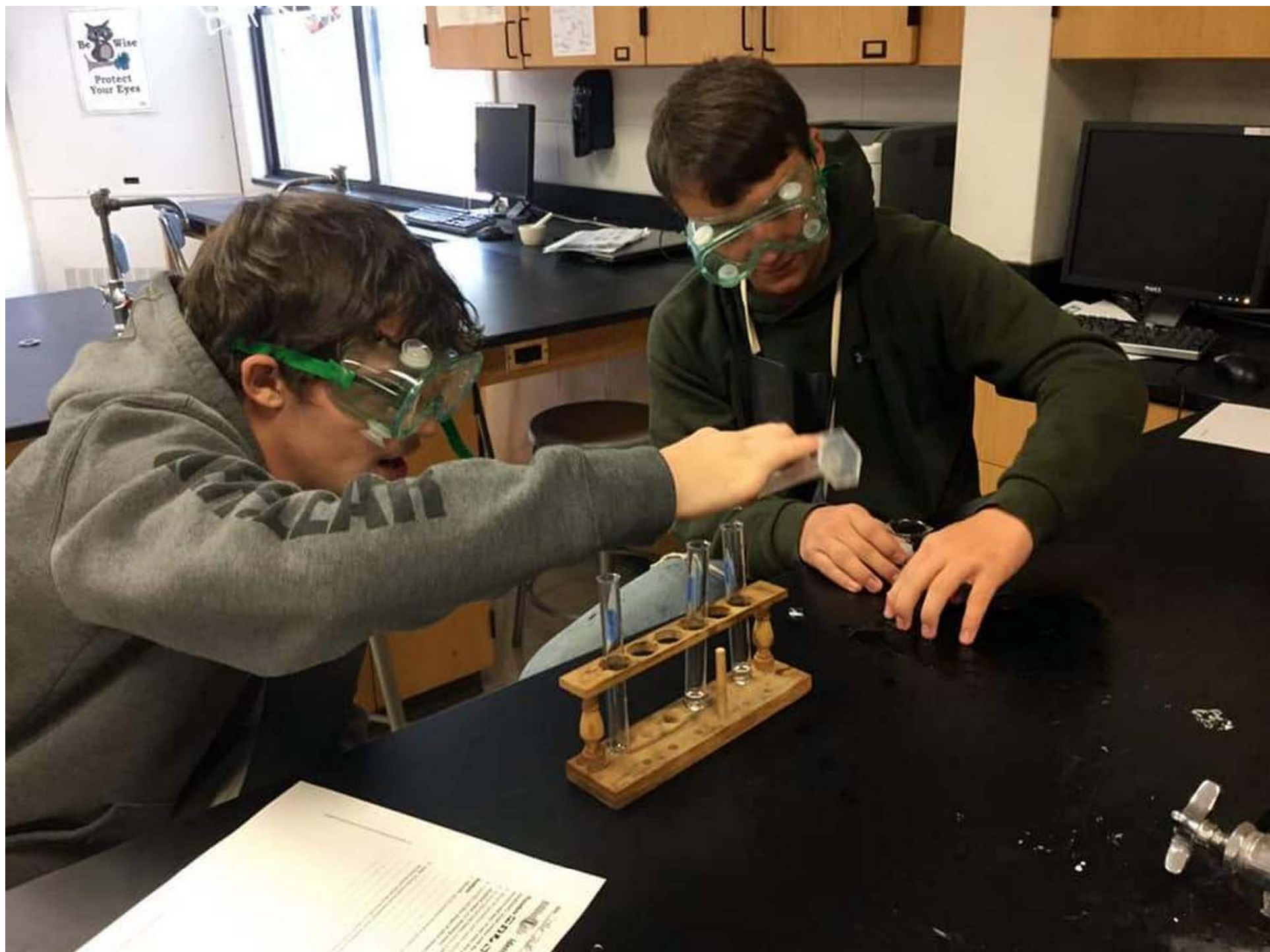












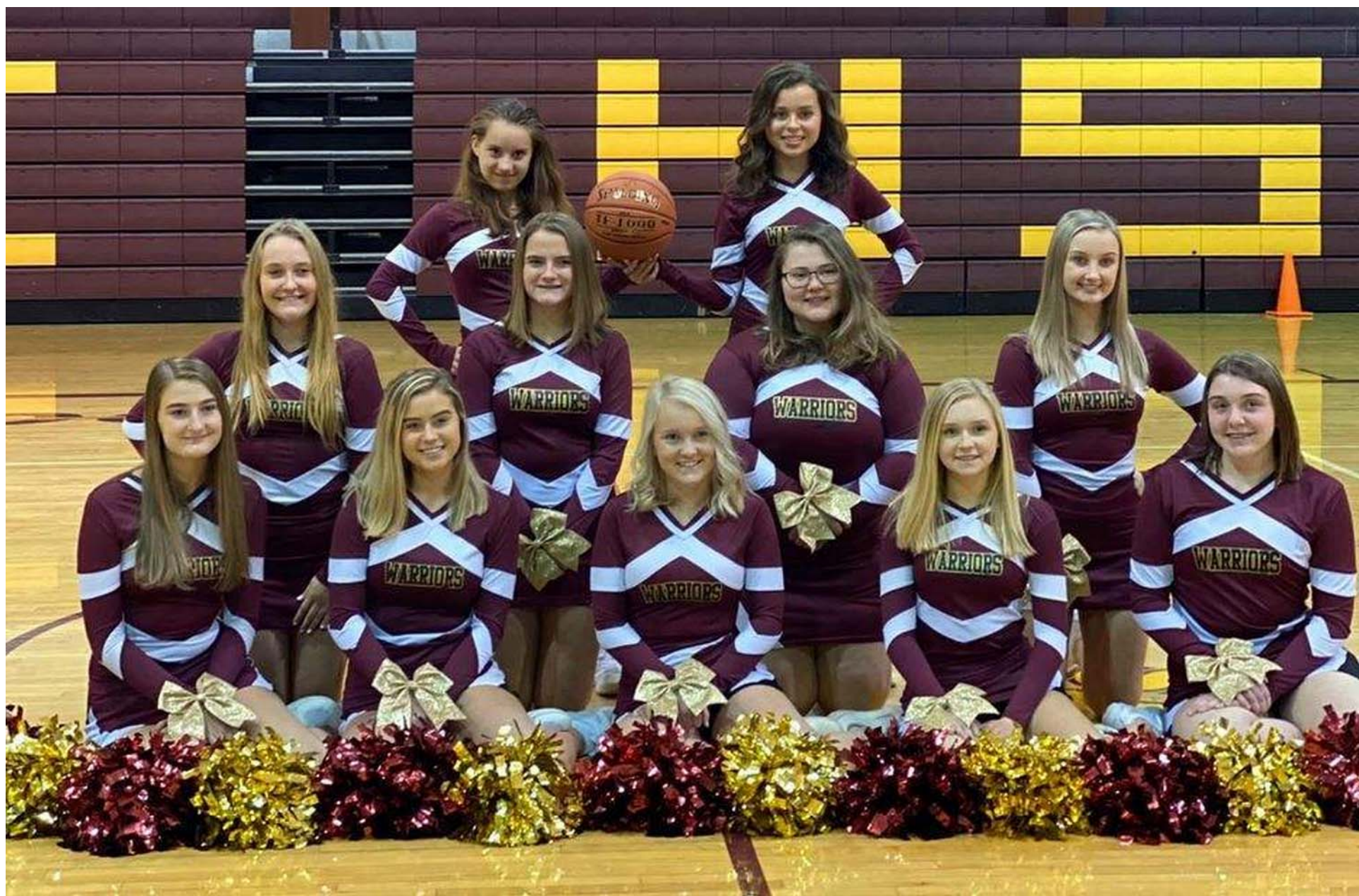


























**NOVEMBER 2019**

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
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**DECEMBER 2019**

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29	30	31				

**JANUARY 2020**

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**FEBRUARY 2020**

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**CAMP TWIN CREEKS****1-800-451-8806****[www.camptwincreeks.com](http://www.camptwincreeks.com)**

**POCAHONTAS COUNTY  
HIGH SCHOOL  
WINTER SPORTS 2019-20**

**CAMP TWIN CREEKS****1-800-451-8806****[www.camptwincreeks.com](http://www.camptwincreeks.com)**



## BOYS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/11	MOOREFIELD	HOME
12/13	MIDLAND TRAIL	HOME
12/16	GREENBRIER WEST	HOME
12/20	TUCKER CO.	AWAY
1/3	NEW RIVER CTC INV.	B-RCCC
1/7	RICHWOOD	AWAY
1/10	GREENBRIER WEST	AWAY
1/14	MEADOW BRIDGE	HOME
1/17	HARMAN	AWAY
1/22	TYGARTS VALLEY	HOME
1/24	MIDLAND TRAIL	AWAY
1/27	PENDLETON CO.	HOME
1/29	MOOREFIELD	AWAY
1/31	RIVERSIDE	HOME
2/4	ELKINS	HOME
2/6	MEADOW BRIDGE	AWAY
2/8	RIVERSIDE	AWAY
2/12	TUCKER CO.	HOME
2/18	RICHWOOD	HOME
2/20	PENDLETON CO.	AWAY
2/21	JAMES MONROE	HOME
2/26	TYGARTS VALLEY	AWAY

## GIRLS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/3	ALLEGHANY	AWAY
12/5	PENDLETON CO.	AWAY
12/10	GREENBRIER WEST	HOME
12/13	TYGARTS VALLEY	AWAY
12/18	RICHWOOD	HOME
12/19	ALLEGHANY	HOME
12/21	SUMMERS CO.	AWAY
12/27	HERBERT HOOVER	P.BURGC
12/28	P.BURG C. OR LIBERTY	P.BURGC
1/3	MIDLAND TRAIL	HOME
1/6	JAMES MONROE	AWAY
1/10	SUMMERS CO.	HOME
1/14	MIDLAND TRAIL	AWAY
1/17	TUCKER CO.	HOME
1/20	GREENBRIER WEST	AWAY
1/28	TUCKER CO.	AWAY
2/1	CHARLESTON CATH.	HOME
2/4	ELKINS	AWAY
2/7	RICHWOOD	AWAY
2/8	PENDLETON CO.	HOME
2/19	TYGARTS VALLEY	HOME

\*\*\*ALL SCHEDULES ARE SUBJECT TO CHANGE\*\*\*



# **ATTENTION: PCHS Males**

**On Behalf of the US Selective Service System and US Department of Education:**

**All males are required to register with the US Selective Service beginning 30 days prior their 18<sup>th</sup> birthday and extending 30 days thereafter. Late registration is accepted up to the 26<sup>th</sup> birthday. Failure to register prior to reaching age 26 may result in unfortunate life consequences, including:**

- Ineligibility for employment by the federal government, the U.S. Postal Service, and many state and local governments;**
- Ineligibility to receive federal and, in some cases, state student aid;**
- Ineligibility to receive job training under the Workforce Innovation and Opportunity Act;**
- Ineligibility for security clearances; and**
- Delay in citizenship proceedings.**

**For more information and /or to register:**

**<https://www.sss.gov/Registration-Info/Who-Registration>**

**or**

**Stop by the School Counselor's Office**



# POCAHONTAS COUNTY SCHOOLS

## December Breakfast and Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Zucchini Bread</b> <b>Cereal</b> <b>Fruit</b>  <b>Pizza</b> <b>Applesauce Cup</b> <b>Peas</b> <b>Diced Potatoes</b>	<b>French Toast Sticks</b> <b>Cereal</b> <b>Fruit</b>  <b>Chicken Sandwich</b> <b>Lettuce/Tomato/Onion</b> <b>Ketchup/Mustard/Mayo</b> <b>Sweet Potato Fries</b> <b>Mexicali Corn</b> <b>Fruit</b>	<b>Bagel w/Cream Cheese</b> <b>Yogurt</b> <b>Fruit</b>  <b>Spaghetti w/Meatballs</b> <b>Garlic Bread</b> <b>Green Beans</b> <b>Mixed Fruit</b>	<b>Sausage Gravy Biscuit</b> <b>Yogurt</b> <b>Fruit</b>  <b>Chicken Wrap</b> <b>Lettuce/Tomato/Sour Cream</b> <b>Romaine Salad w/Tomatoes</b> <b>Refried Beans</b> <b>Birthday Cake</b>	<b>Pancakes</b> <b>Cereal</b> <b>Fruit</b>  <b>Fish Sticks</b> <b>Scalloped Potatoes</b> <b>Fresh Carrot Sticks</b> <b>Fruit</b> <b>Homemade Rolls</b>
<b>Strudel</b> <b>Yogurt</b> <b>Fruit</b>  <b>Ham &amp; Cheese Hoagie</b> <b>Lettuce/Tomato</b> <b>Baked Beans</b> <b>5 Way Veggies</b> <b>Fruit</b>	<b>Pretzel w/Cheese</b> <b>Cereal</b> <b>Fruit</b>  <b>Chicken Pot Pie w/Mixed</b> <b>Vegetables</b> <b>Mashed Potatoes</b> <b>Mixed Fruit</b> <b>Sliced Cucumbers</b>	<b>Homemade Cinnamon</b> <b>Roll</b> <b>Yogurt</b> <b>Fruit</b>  <b>Fish Sandwich</b> <b>Lettuce/Tomato</b> <b>Tartar Sauce/Ketchup</b> <b>Sweet Potato Fries</b> <b>Broccoli Salad</b> <b>Fruit</b>	<b>Egg &amp; Cheese Biscuit</b> <b>Cereal</b> <b>Fruit</b>  <b>Vegetable Beef Soup</b> <b>Grill Cheese Sandwich</b> <b>Green Beans</b> <b>Sherbet</b> <b>Fruit</b>	<b>Breakfast Burrito</b> <b>Yogurt</b> <b>Fruit</b>  <b>Chicken Tenders</b> <b>Macaroni &amp; Cheese</b> <b>California Blend</b> <b>Fruit</b>
<b>Breakfast Pizza</b> <b>Yogurt</b> <b>Fruit</b>  <b>Sloppy Joe</b> <b>Oven Fries</b> <b>Carrot Stix</b> <b>Fruit</b>	<b>Sausage Biscuit</b> <b>Cereal</b> <b>Fruit</b>  <b>Chicken Fajita</b> <b>w/Green &amp; Red</b> <b>Peppers/Onions</b> <b>Mandarin Oranges</b> <b>Black Beans</b> <b>Salsa/Sour Cream</b> <b>Fruit</b>	<b>Yogurt Fruit Parfait or</b> <b>Strawberry Smoothie</b> <b>Cereal</b>  <b>Bacon &amp; Cheese Scrambled</b> <b>Eggs</b> <b>Hash Browns</b> <b>Applesauce Cup</b> <b>Fresh Veggies</b> <b>Biscuit</b>	<b>Blueberry Muffin</b> <b>Cereal</b> <b>Fruit</b>  <b>Christmas Dinner</b> <b>Baked Ham</b> <b>Mashed Potatoes w/Gravy</b> <b>Stuffing</b> <b>Broccoli Cheese Rice</b> <b>Casserole</b> <b>Homemade Roll</b> <b>Cooks' Choice Dessert</b>	<b>Cooks' Choice</b>
<b>Professional Learning Day</b> <b>No School for Students</b>	<b>Christmas Break</b> <b>No School</b>	<b>Christmas Day</b> <b>No School</b>	<b>Christmas Break</b> <b>No School</b>	<b>Christmas Break</b> <b>No School</b>
<b>Christmas Break</b> <b>No School</b>	<b>Christmas Break</b> <b>No School</b>			

For breakfast milk and yogurt offered daily.  
For lunch milk and fresh fruit offered daily.









Hunters donate deer they've harvested to one of the participating certified meat processors. There, the venison is prepared, ground, and packaged into two-pound bags. Two food banks—Mountaineer Food Bank in Gassaway and Facing Hunger Foodbank in Huntington—make sure the low in fat, protein-packed meat gets into the skillet and onto the tables of those who need it. Those helped include soup kitchens, food pantries, senior centers, and other missions.

Each fall, the Governor's One Shot Hunt also greatly contributes to the money raised and venison gathered. The all-day event includes an antlerless white-tail deer hunt, banquet, and auction. Over the last 12 years, the Governor's One Shot Hunt has donated more than \$700,000 to the Mountaineer Food Bank for HHH.

The 2019 season is the first one where Pocahontas County FFA officially joined the roster of 18 HHH processors across West Virginia. Make no mistake: These butchers may be young, but they bring professionalism and pride to their work.

### Lifelong lessons

With deer, Berry says, the meat processing is a tad different, since the animal has to be skinned. By participating in HHH this year, students not only refine their skills with skinning, grinding, and packaging venison but also use those talents to feed folks who need healthy, nutritious meat. "I wouldn't have been able to do this in my other school because we didn't have a meats lab that could be state inspected," Berry says. He came to Pocahontas County six years ago after teaching for more than three decades in the Ohio Valley. "Here, we had the facilities that were ready to be utilized."

Some of the high schoolers might graduate and trade country nights for city lights, but learning the technique behind meat processing ultimately makes them wiser home chefs and consumers. "You know why the chuck is not as tender as the loin. You understand why the round on beef is not as tender as the ribeye," Berry says. It's all those valuable lessons that can perhaps only be appreciated by someone who has sliced and trimmed an animal from head-to-hoof themselves.

"My greatest takeaway is learning the cuts, and then being able to help others," Moyers says. She knows her talents will help her with her family's hogs, or even at her own farm one day. Kinnison agrees, and he's also seen the benefit in the Career Development Events, or competitions, that the Pocahontas County FFA team participates in. "I've done it hands-on so it's a benefit, and other kids out there haven't had that type of experience," he says.

For his part, Berry credits his students' readiness to excel at everything from slicing and dicing meat to communicating with customers. "For 39 years, I've had good kids making me look good. They've done a great job."

And now folks in need all across West Virginia can also appreciate their tasty homework. 🍖





Alliza Carr exhibits a sugar-cured bacon, which was raised by Carr and trimmed and smoked in the meats lab.

to sell pork sausages to teachers and other locals. Meat inspectors review its facility just like any other professional butcher shop. "They're with us from the time we take the animal until the time the last package goes in the freezer," Berry says. But the inspectors don't work solely with Berry. They work with the students. "Our meat inspectors are really happy with the way kids address issues and their customers."

A few students also rise to leadership roles, acting as managers of groups. One such student is senior Kaitlyn Moyers. Her family owns hogs, so taking Berry's classes for three years has helped her learn the different cuts of the animals she has at home. Moyers says she enjoys the opportunity to step up and assist others, too. "I found it a valuable learning process," she says. "If I could learn it, I could help future generations of kids and teach them."

The hands-on experience students get butchering with Berry is a cut above the rest. "A picture doesn't show you everything you can see in person," Moyers says. Jacob Kinnison, a junior at the high school and FFA participant, also sees it as a professional development opportunity. "I might have this as a future career of working in a butcher shop, so I thought I'd take advantage of learning as much as I could," he says.

Even when Berry's students are not breaking down a carcass, they're running a small business. Customers get cut sheets so they can select anything from the portions they want of the animal to how thick they prefer their steaks. For those who don't know chuck

from shank, the students help them decide which slice would best satisfy their cooking needs. Students also mix seasonings like Italian, breakfast, and maple into sausages to dazzle palates.

## Learning by heart

Come late autumn, snowflakes gently cascade down onto the West Virginia forest and cover the carpet of dried leaves that have lain there since October. They also coat a hunter's blaze orange vest and cap. Despite the chill, the hunter doesn't move from his perch among the bare branches. The only sign of his presence is a puff of his breath clouding the crisp air.

A crack shatters the silence. He swivels slightly to his right, just in time to catch the buck in his crosshairs. A flash and bang later, the deer is ready to fill bellies in need.

Every year, Hunters Helping the Hungry gives thousands of pounds of venison to families all across West Virginia. As of the 2019 season, the West Virginia Division of Natural Resources has sponsored the program for 28 years and helped facilitate the processing of more than 26,000 deer and more than a million pounds of ground venison.

But HHH is a true labor of love among people and businesses statewide. The DNR is restricted from using revenue from hunter licensing fees to fund the program—those fees have to benefit fish and wildlife programs. So churches, conservation organizations, foundations, and individuals pitch in to make HHH a reality.





School bells chime, sneakers squeak, and lockers slam shut every morning at Pocahontas County High School. Some teenagers settle into their desks, armed with textbooks and pencils for another day of solving quadratic equations and delving into world history. But others file into a more unusual type of classroom. Rather than breaking out the calculators, they're breaking down a hog carcass.

Agriculture teacher Erwin Berry watches over the industrious teens as they cut between the ribs to divide the carcass. They carefully slice away the meat and feed it through a grinder. Soon, that pork will be transformed into tasty sausages. It's just another school day with the Pocahontas County FFA. "Our motto in the FFA is 'Learning to do. Doing to learn. Earning to live. Living to serve.' That spells out the way these kids learn," Berry says. "We apply what we learn to real-life, hands-on situations."

And now those students' learning will help feed those less fortunate. Pocahontas County FFA is one of the first FFAs to participate in Hunters Helping the Hungry (HHH).

## Class is in session

In Berry's classes, the beginning lesson of the school year is anatomy. At first glance, the syllabus seems extensive: cattle, hog, lamb, deer, and goat. But, Berry says, they're all mammals, so the basic structures are the same. The differences come when students learn how to execute primal cuts—the pieces that are initially separated from the carcasses—and retail cuts—which are what most of us toss in our grocery store carts or order off of a steakhouse menu. For instance, the loin would be considered a primal cut of beef. Then, from that loin, you might get a decadent T-bone, filet mignon, or Porterhouse steak.

How students learn to distinguish one cut from the next is similar to most classrooms. They study slideshows, watch videos, and spell out the steps on paper. But soon it's pencils down and hands up. Berry gathers locally sourced animal carcasses, and the students tighten their apron strings in the agricultural department's meats lab.

Last year the class took on an even bigger feat. The Pocahontas County FFA received certification through the West Virginia Department of Agriculture



FAKE SIV MOUNTAINEER HERITAGE HUNTING SEASON HERMITAGE OF THE HOLY CROSS

# WONDERFUL WEST VIRGINIA





Close

## POCAHONTAS COUNTY

### Senior Basketball(G) Schedule

#### Events

1	12/03/19	JV 5:30, V 7:00PM	A	ALLEGHANY,VA H.S.
2	12/05/19	JV 6:15, V 7:30PM	A	PENDLETON COUNTY
3	12/10/19	JV 5:45 V 7:00PM	H	GREENBRIER WEST
4	12/13/19	JV 5:45 V 7:00PM	A	TYGARTS VALLEY MIDDLE/SENIOR HIGH
5	12/18/19	JV 5:45, V 7:00PM	H	RICHWOOD
6	12/19/19	JV 5:45 V 7:00PM	H	ALLEGHANY,VA H.S.
7	12/21/19	JV 5:30 V 7:00PM	A	SUMMERS COUNTY HIGH SCHOOL
8	12/27/19	6:00PM	A	PCHS VS. HERBERT HOOVER @ PARKERSBURG CATHOLIC
9	12/28/19	12:00 or 1:30PM	A	PCHS VS. PARKERSBURG CATHOLIC OR LIBERTY (HARRISON) @ PARKERSBURG CATHOLIC
10	01/03/20	JV 5:45 V 7:00PM	H	MIDLAND TRAIL HIGH SCHOOL
11	01/06/20	JV 5:30 V 7:00PM	A	JAMES MONROE
12	01/10/20	JV 5:45 V 7:00PM	H	SUMMERS COUNTY HIGH SCHOOL
13	01/14/20	JV 5:45 V 7:00PM	A	MIDLAND TRAIL HIGH SCHOOL
14	01/17/20	JV 5:45 V 7:00PM	H	TUCKER COUNTY
15	01/20/20	JV 5:45 V 7:00PM	A	GREENBRIER WEST
16	01/28/20	JV 5:45 V 7:00PM	A	TUCKER COUNTY
17	02/01/20	JV 2:00 V 3:30PM	H	CHARLESTON CATHOLIC
18	02/04/20	JV 5:45 V 7:00PM	A	ELKINS
19	02/07/20	JV 5:45 V 7:00PM	A	RICHWOOD
20	02/08/20	JV 2:00 V 3:30 Pink OutPM	H	PENDLETON COUNTY
21	02/19/20	JV 5:45 V 7:00 Senior NightPM	H	TYGARTS VALLEY MIDDLE/SENIOR HIGH

wins: 0 lost: 0 ties: 0

Close



# POCAHONTAS COUNTY

## Senior Basketball(B) Schedule

### Events

1	12/11/19	JV 5:45 V 7:00PM	H -	MOOREFIELD
2	12/13/19	JV 5:45 V 7:00PM	H -	MIDLAND TRAIL HIGH SCHOOL
3	12/16/19	JV 5:45 V 7:00PM	H -	GREENBRIER WEST
4	12/20/19	JV 5:45 V 7:00PM	A -	TUCKER COUNTY
5	01/02/20	TBAPM	A -	NEW RIVER COMM. AND TECH
6	01/07/20	JV 5:45 V 7:00PM	A -	RICHWOOD
7	01/10/20	JV 5:45 V 7:00PM	A -	GREENBRIER WEST
8	01/14/20	JV 5:45 V 7:00PM	H -	MEADOW BRIDGE HIGH
9	01/17/20	JV 6:00 V 7:00PM	A -	HARMAN
10	01/22/20	JV 5:45 V 7:00PM	H -	TYGARTS VALLEY MIDDLE/S
11	01/24/20	JV 5:45 V 7:00PM	A -	MIDLAND TRAIL HIGH SCHOOL
12	01/27/20	JV 6:15, V 7:30PM	H -	PENDLETON COUNTY
13	01/29/20	JV 6:00 V 7:00PM	A -	MOOREFIELD
14	01/31/20	JV 5:45 V 7:00PM	H -	RIVERSIDE
15	02/04/20	JV 5:45 V 7:00PM	H -	ELKINS
16	02/06/20	JV 5:45 V 7:00PM	A -	MEADOW BRIDGE HIGH
17	02/08/20	JV 2:00 V 4:00PM	A -	RIVERSIDE
18	02/12/20	JV 5:45 V 7:00PM	H -	TUCKER COUNTY
19	02/18/20	JV 5:45 V 7:00PM	H -	RICHWOOD
20	02/20/20	JV 6:15, V 7:30PM	A -	PENDLETON COUNTY
21	02/21/20	JV 5:45 V 7:00 Senior NightPM	H -	JAMES MONROE
22	02/26/20	JV 5:45 V 7:00PM	A -	TYGARTS VALLEY MIDDLE/S

wins: 0 lost: 0 ties: 0

Close



**2019 Elf auction**

DOCX - 13 KB



To Whom It May Concern,

As the Holiday Season is upon us, we would like to take this opportunity to invite you to participate in the 2019 Pocahontas County High School Elf Auction. This year, the event will take place on Friday, December 13 beginning at 12:30. This annual event at PCHS allows students, staff and colleagues to participate in a fun filled auction. Our auctioneer adds to the excitement and fun with his antics, while the participants enjoy a time of laughter, fun and bidding wars. All proceeds go to Project Christmas at PCHS. This is used to provide gift cards for students that may not otherwise have the opportunity to enjoy the Holidays.

As a valued community member, we are inviting you to contribute to this event in one or more ways. You may contribute by donating an item for the auction and/or attending the 2019 Elf Auction. Suggestions for donations include baked items, gift baskets, handcrafted items such as woodworking, season passes and gift certificates to local businesses. We will also gladly accept cash donations!

Our goal for 2019 is to give 100 gift cards. If you have any questions, please contact Linda Beverage or Michelle Wilfong at 304-799-6564. Arrangements can be made to have your donation delivered to PCHS if you are unable to attend. Thank you in advance for helping us make this a memorable Christmas for students at Pocahontas County High School.

Sincerely,

Linda Beverage, Counselor

Michelle Wilfong, Librarian/Media Specialist





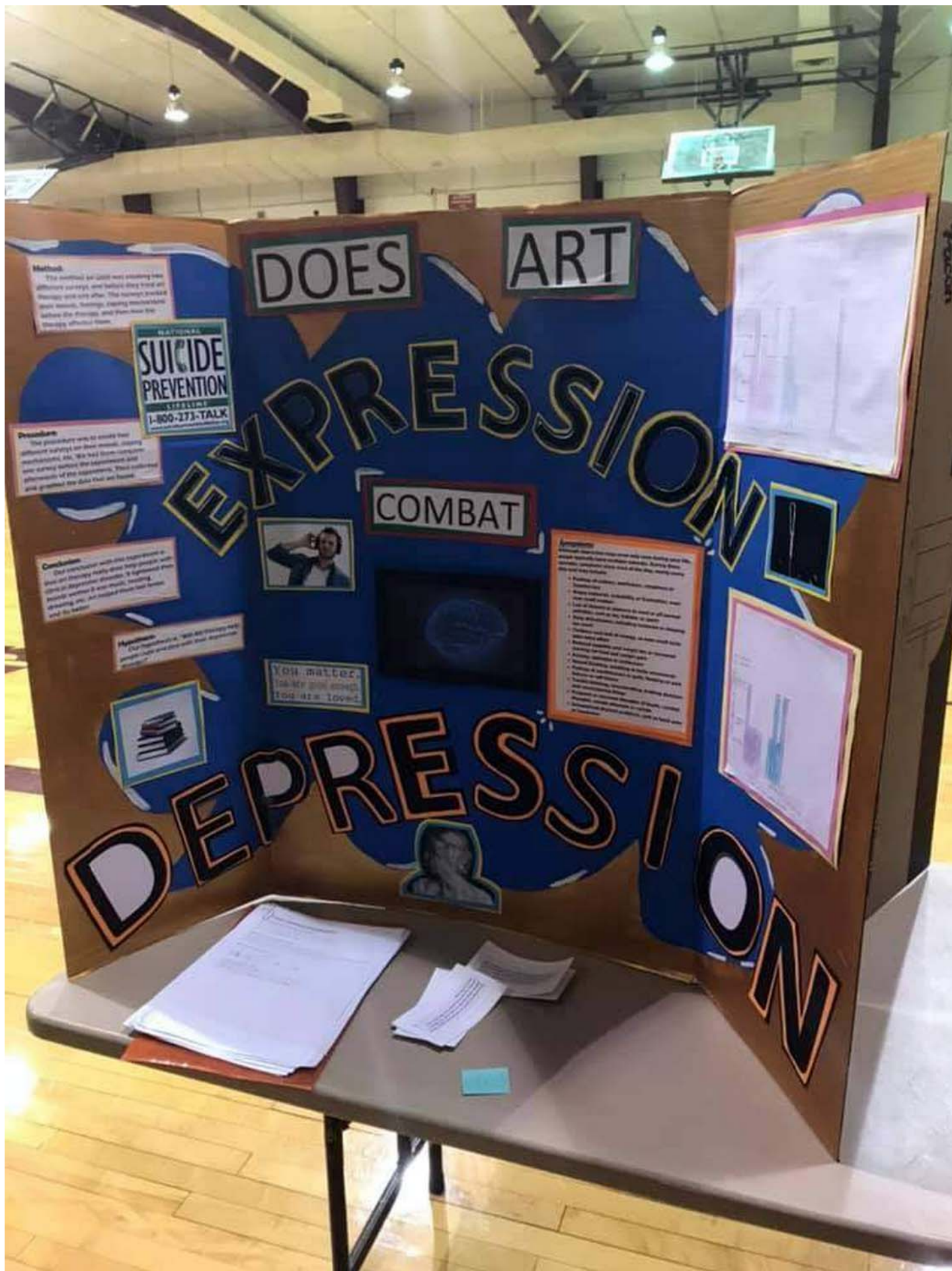




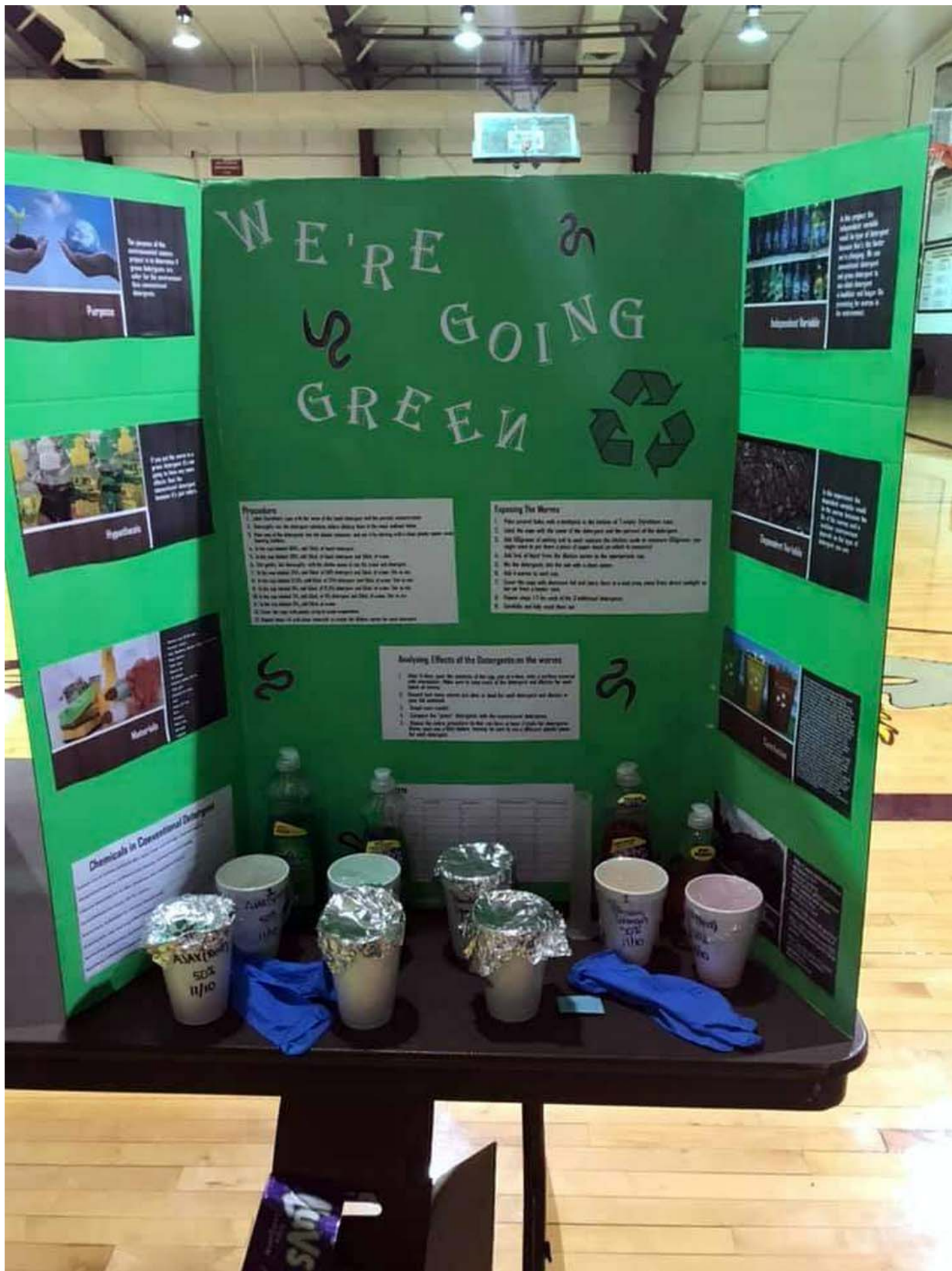














# IF YOU DON'T USE IT..

# DO YOU LOSE IT?

**Question**  
Do you use the book? If not, why not?

**Response**  
The book is too old and the information is outdated. I don't want to waste my time reading it.

**Conclusion**  
The book is not useful and should be removed from the library.

**Reasons**  
1. The book is too old.  
2. The information is outdated.  
3. The book is not useful.  
4. The book is not interesting.

**Recommendation**  
The book should be removed from the library and replaced with a newer, more useful book.

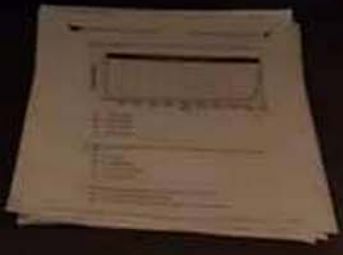
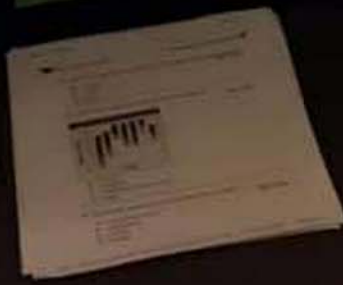


**Top**  
The book is not useful and should be removed from the library.

**Bottom**  
The book is not useful and should be removed from the library.

**Conclusion**  
The book is not useful and should be removed from the library.

**Reasons**  
1. The book is too old.  
2. The information is outdated.  
3. The book is not useful.  
4. The book is not interesting.





# Paw Preference



**Do pets show handedness like human do?**  
By Amy Brown

**Abstract**  
This study examines whether dogs show handedness. The hypothesis was that dogs would show a preference for one side of their body over the other when performing a task. The results showed that dogs did indeed show a preference for one side of their body over the other when performing a task.

**Keywords**  
Handedness  
Dogs  
Animals

**Table 1**

Side	Frequency
Left	10
Right	15

**Table 2**

Side	Frequency
Left	10
Right	15





## Purpose

•To discover the most consistently effective cleanser, and which cleanser removes the most protein.

## Question

•Which cleanser removes the most protein, which is the food source of bacteria and germs, from a plate?

## Hypothesis

•Out of the two cleansers: Lysol Disinfecting Wipes and the Norwex EnviroCloth, the Norwex EnviroCloth should remove the most protein from a plate.

## Variables

•Norwex EnviroCloth  
•Lysol Disinfecting Wipes

# Norwex vs Lysol



## Materials

1. Norwex EnviroCloth
2. Lysol Disinfecting Wipes
3. Food Source
4. Test Tubes
5. Pipette
6. Paper Towels
7. Paper Plates
8. Paper Cups
9. Paper Napkins

## Procedure

1. Place a small amount of food source on a paper plate.  
2. Use the Norwex EnviroCloth to clean the plate.  
3. Use the Lysol Disinfecting Wipes to clean the plate.  
4. Place a small amount of food source on a paper plate.  
5. Use the Norwex EnviroCloth to clean the plate.  
6. Use the Lysol Disinfecting Wipes to clean the plate.  
7. Repeat steps 1-6 for each test tube.

## Results

1. The Norwex EnviroCloth removed more protein from the plate than the Lysol Disinfecting Wipes.  
2. The Norwex EnviroCloth removed more protein from the test tubes than the Lysol Disinfecting Wipes.  
3. The Norwex EnviroCloth removed more protein from the paper plates than the Lysol Disinfecting Wipes.

## Conclusion

1. The Norwex EnviroCloth is a more effective cleanser than the Lysol Disinfecting Wipes.  
2. The Norwex EnviroCloth is a more effective cleanser than the Lysol Disinfecting Wipes.  
3. The Norwex EnviroCloth is a more effective cleanser than the Lysol Disinfecting Wipes.









# On Target



## Research

- The first thing I noticed when I was in the field was that it was a very hot day and the sun was shining very brightly. I was wearing a white shirt and shorts and I was feeling very hot and thirsty. I was also feeling very tired and I was not sure if I was going to be able to finish the project.
- I was also feeling very nervous and I was not sure if I was going to be able to finish the project.
- I was also feeling very nervous and I was not sure if I was going to be able to finish the project.



## Procedure

1. I was in the field and I was feeling very hot and thirsty.
2. I was also feeling very nervous and I was not sure if I was going to be able to finish the project.
3. I was also feeling very nervous and I was not sure if I was going to be able to finish the project.



## Conclusion

I was in the field and I was feeling very hot and thirsty. I was also feeling very nervous and I was not sure if I was going to be able to finish the project.



## References

I was in the field and I was feeling very hot and thirsty. I was also feeling very nervous and I was not sure if I was going to be able to finish the project.





# ENERGY DRINK

## EFFECTS













Pocahontas County Girls Basketball will be selling Red Poinsettias. Cost of each Poinsetta will be \$10.00. Please collect money as you sell. Checks made payable to PCHS- Girls Basketball. Orders and Money will be collected on Nov. 22, 2019 at practice. I will get a tentative number on Monday Nov. 18. Please try hard this week to sell as many as you can!! Anticipated delivery date for Poinsettias to be picked up at PCHS is Dec. 6. Thanks in advance for your hard work in selling!!

[illegible]



## Boys A/AA Region 3 all region teams

### 1st Team

Kolton Alderman -Striker

### 2nd Team

Jacob Davis - Striker

Timmy Sparks - Mid field

Bryson Cassell - Defender

## Girls

### 1st Team

Kira Bircher - Striker

Laila Calhoun - Striker

Savannah McMillion - mid field

### 2nd Team

Macaden Taylor - Defense

Sienna Bircher - Goalie

## All State Honors

## Boys

Honorable Mention All State

Kolton Alderman

## Girls

2nd Team All State

Savannah McMillion

Honorable Mention

Kira Bircher

Laila Calhoun



**THANK YOU  
VETERANS**









